

Fitness and Yoga Holiday Program Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30	Tea / Coffee						
08:00	Yoga	Yoga	Yoga	Yoga	Yoga	Beach Walk & Swim	Yoga
09:00	Morning Shot + Breakfast						
11:00	Fitness						
12:00/13:00	Lunch						
15:00	Fresh Coconut						
17:00	Yoga						
18:00	Herbal Steam/ Ice Bath						
19:00/20:00	Dinner						

In addition to the above schedule we also offer additional daily activities such as: Health & well-being talks & lectures, sound healing meditation, yoga nidra meditation, reiki healing and kinesiology.