



AUGUST 2022 WELLNESS ACTIVITIES

WHERE YOUR WELLNESS JOURNEY BEGINS



TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00am - 07:45am		Hatha Yoga at the Yoga Pavilion Complimentary (max. 8pax)	Yin Yoga at the Yoga Pavilion Complimentary (max. 8pax)	Hatha Yoga at the Yoga Pavilion Complimentary (max. 8pax)	Vinyasa Flow at the Yoga Pavilion Complimentary (max. 8pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	Hatha Yoga at the Yoga Pavilion Complimentary (max. 8pax)	Vinyasa Flow at the Yoga Pavilion Complimentary (max. 8pax)
10:00am – 10:45am		*Group Aerial Yoga at the Yoga Pavilion (max. 4pax)	*Group Aerial Yoga at the Yoga Pavilion (max. 4pax)	*Group Aerial Yoga at the Yoga Pavilion (max. 4pax)	*Group Aerial Yoga at the Yoga Pavilion (max. 4pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	*Group Aerial Yoga at the Yoga Pavilion (max. 4pax)	*Group Aerial Yoga at the Yoga Pavilion (max. 4pax)
12:00pm - 13:00pm		Burn Some Calories at the Gym Complimentary (max. 5pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)
15:00pm – 16:00pm		*Vinyasa Flow for Core Strength at the Yoga Pavilion (max. 2pax)	*Group Aerial Yoga at the Yoga Pavilion 45min (max. 4pax)	*Vinyasa Flow for Shoulder Opening at the Yoga Pavilion (max. 2pax)	*Group Aerial Yoga at the Yoga Pavilion 45min (max. 4pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	*Vinyasa Flow for Heart Opening at the Yoga Pavilion (max. 2pax)	*Group Aerial Yoga at the Yoga Pavilion 45min (max. 4pax)
05:00pm – 05:45pm		Ashtanga Yoga for Beginners at the Yoga Pavilion Complimentary (max. 8pax)	Mindfulness Meditation With Singing Bowl at the Yoga Pavilion Complimentary (max. 8pax)	Vinyasa Flow for Hip Flexibility at the Yoga Pavilion Complimentary (max. 8pax)	Ashtanga Yoga for Beginners at the Yoga Pavilion Complimentary (max. 8pax)	Burn Some Calories at the Gym Complimentary (max. 5pax)	Yin Yoga at the Yoga Pavilion Complimentary (max. 8pax)	Sound Bath Meditation at the Yoga Pavilion Complimentary (max. 8pax)

*Full Moon Yoga with Sound Bath Meditation at the Gym Beach on Thursday, August 11 2022 at 20:00pm, maximum of 6 participant - Subject to weather conditions.

Activities marked with * are available on request subject to availability and charges may applied.

Advance reservations are required. For reservations and further information, kindly communicate with your friendly Island Curator