

Begin Your Wellness Journey 1st - 15th July, 2022

To Bring More Peace, Love, Beauty and Happiness Into Your Life

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00am - 07:45am	Hatha Yoga at Yoga Pavilion Complimentary (max.8pax)	Vinyasa Flow Yoga at Yoga Pavilion Complimentary (max.8pax)	Hatha Yoga at Yoga Pavilion Complimentary (max.8pax)	Aqua Yoga at Collective Beach Complimentary (max.8pax)	Vinyasa Flow Yoga at Yoga Pavilion Complimentary (max.8pax)	Hatha Yoga at Yoga Pavilion Complimentary (max.8pax)	Vinyasa Flow Yoga at Yoga Pavilion Complimentary (max.8pax)
10.00am - 10.45am	*Group Aerial Yoga at Yoga Pavilion (max.4pax)	Full Body HIT Exercises at the Gym (30min) Complimentary (max.2pax)	*Group Aerial Yoga at Yoga Pavilion (max.4pax)	CrossFit Workout at the Gym (30min) Complimentary (max.2pax)	*Group Aerial Yoga at Yoga Pavilion (max.4pax)	Agility Exercises at the Gym (30min) Complimentary (max.2pax)	*Group Aerial Yoga at Yoga Pavilion (max.4pax)
11:00am - 12:00pm	Burn Some Calories at the Gym Complimentary (max.5pax)	Introduction to Mantra Chanting at Yoga Pavilion (30min) Complimentary (max.8pax)	Burn Some Calories at the Gym Complimentary (max.5pax)	Breathing Technique at Yoga Pavilion (30min) Complimentary(max.8pax)	Burn Some Calories at the Gym Complimentary(max.5pax)	Introduction to Mantra Chanting at Yoga Pavilion (30min) Complimentary(max.8pax)	Breathing Technique at Yoga Pavilion (30min) Complimentary(max.8pax)
13.00pm - 14.00pm	*Share Your Fitness Goals with Personalized Trainer at the Gym (max.2pax)	*Core Strength Vinyasa Yoga at Yoga Pavilion (max.2pax)	*Yoga for Flexibility & Mobility at Yoga Pavilion (max.2pax)	*Yoga for Improving Breath, Calm and Self Compassion at Yoga Pavilion (max.2pax)	*Share Your Fitness Goals with Personalized Trainer at the Gym (max.2pax)	*Heart Opening Yoga Flow at Yoga Pavilion (max.2pax)	*Share Your Fitness Goals with Personalized Trainer at the Gym (max.2pax)
15.00pm - 15.45pm	ABS Core Workout at the Gym (30min) Complimentary (max.2pax)	*Group Aerial Yoga at Yoga Pavilion (max.4pax)	Burn Some Calories at the Gym Complimentary (max.5pax)	*Group Aerial Yoga at Yoga Pavilion (max.4pax)	ABS Core Workout at the Gym (30min) Complimentary (max.2pax)	*Group Aerial Yoga at Yoga Pavilion (max.4pax)	CrossFit Workout at the Gym (30min) Complimentary (max.2pax)
17.00pm - 17.45pm	Ashtanga Yoga for Beginners at Yoga Pavilion Complimentary (max.8pax)	Mindfulness Meditation with Singing Bowl at Yoga Pavilion Complimentary (max.8pax)	Ashtanga Yoga for Beginners at Yoga Pavilion Complimentary (max.8pax)	Vinyasa Flow Yoga at Yoga Pavilion Complimentary (max.8pax)	Ashtanga Yoga for Beginners at Yoga Pavilion Complimentary (max.8pax)	Mindfulness Meditation with Singing Bowl at Yoga Pavilion Complimentary (max.8pax)	Vinyasa Flow Yoga at Yoga Pavilion Complimentary (max.8pax)

Full Moon Yoga with Sound Bath Meditation at Yoga Pavilion on Tuesday, July 13th maximum of 6 participant.

***Activities marked in orange 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.