



# PRE-CHRISTMAS CALM PROGRAM


TWO WELLBEING CLASSES AND A DAILY SPORTS MATCH ARE INCLUDED FOR ALL GUESTS

	MONDAY / earth	TUESDAY / water	WEDNESDAY / fire	THURSDAY / air	FRIDAY / ether	SATURDAY / light	SUNDAY / spirit
<b>8:30</b>	<b>GROUNDING HATHA YOGA</b> Yoga Deck 60 min	<b>VINYASA FLOW YOGA</b> Yoga Deck 60 min	<b>7:00 OCEAN MEDITATION</b> Beach 30 min  <b>8:30 BACK &amp; CORE</b> Yoga Deck 60 min	<b>YOGA FOR RESPIRATORY SYSTEM</b> Yoga Deck 60 min	<b>BACK BEND YOGA</b> Yoga Deck 60 min	<b>YIN YOGA</b> Yoga Deck 60 min	<b>YOGA NIDRA</b> Yoga Deck 60 min
<b>15:00</b>	<b>RESTORATIVE YOGA</b> Yoga Deck 60 min	<b>BREATHING WITH MOVEMENT</b> Yoga Deck 60 min	<b>CARDIO AND STRETCHING</b> Yoga Deck 60 min	<b>DIGITAL DRUM JOURNEY/ AROMATHERAPY</b> Spice Garden 60 min	<b>HIIT BODY WORKOUT</b> Yoga Deck 60 min	<b>DIGITAL DRUM JOURNEY/ AROMATHERAPY</b> Spice Garden 60 min	<b>BRACELET MAKING</b> Spice Garden 60 min
<b>17:00*</b>	<b>VOLLEYBALL MATCH</b> Beach / Sports zone 30-90 min	<b>PING PONG TOURNAMENT</b> Beach / Sports zone 30-90 min	<b>FOOTBALL MATCH</b> Beach / Sports zone 30-90 min	<b>VOLLEYBALL MATCH</b> Beach / Sports zone 30-90 min	<b>PETANQUE GAME</b> Beach / Sports zone 30-90 min	<b>BADMINTON MATCH</b> Beach / Sports zone 30-90 min	<b>FOOTBALL MATCH</b> Beach / Sports zone 30-90 min

\*Games may change according to guests' preferences. Please check with the guest services team for details.

## TREAT YOURSELF WITH PRIVATE CLASSES & SPECIAL EXPERIENCES

Book in advance on preferred days / USD 50 per person

<b>Available daily between 8:00 – 17:00</b>	<b>CORE YOGA FLOW</b> Activate your center and build strength with focused core sequences. Enhance stability, tone your body, and move with mindful energy for a balanced flow.	<b>STAND UP PADDLE</b> Flow with the waves of the Indian Ocean. Enhance your flexibility and boost your mood with the soothing sounds of the waves.	<b>MEDITATION</b> An invitation for an intimate date with yourself. Be guided to bring awareness to your breath and body sensations, helping you reconnect with the present moment.	<b>ADVANCED YOGA</b> Elevate your practice by exploring advanced variations. Deepen your strength through focused hip-opening poses and arm balances.	<b>PRANAYAMA</b> Breathe in peace. Breathe out stress. Cultivate balance in the mind, heart, and body through the transformative power of breath.	<b>WHEEL YOGA</b> Open your heart and release tension as you flow with the yoga wheel. Deepen your backbends, enhance flexibility, and discover new movement with gentle support.	 Save the program
---	--	--	--	--	--	--	---

Meet up point at the specified location unless stated otherwise. All suitable for beginners. The program is subject to change.

**BOOK IN PERSON:** Reception desk or Yoga Deck **BOOK VIA WHATSAPP:** +255 620 254 397