



PRE-CHRISTMAS CALM PROGRAM

 A MEMBER OF
DESIGN HOTELS™

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
8:30	GROUNDING HATHA YOGA Yoga Deck 60 min	VINYASA FLOW YOGA Yoga Deck 60 min	7:00 OCEAN MEDITATION Beach 30 min 8:30 BACK & CORE Yoga Deck 60 min	YOGA FOR RESPIRATORY SYSTEM Yoga Deck 60 min	BACK BEND YOGA Yoga Deck 60 min	YIN YOGA Yoga Deck 60 min	YOGA NIDRA Yoga Deck 60 min
15:00	RESTORATIVE YOGA Yoga Deck 60 min	BREATHING WITH MOVEMENT Yoga Deck 60 min	CARDIO AND STRETCHING Yoga Deck 60 min	DIGITAL DRUM JOURNEY/ AROMATHERAPY Spice Garden 60 min	HIIT BODY WORKOUT Yoga Deck 60 min	DIGITAL DRUM JOURNEY/ AROMATHERAPY Spice Garden 60 min	BRACELET MAKING Spice Garden 60 min
17:00*	VOLLEYBALL MATCH Beach / Sports zone 30-90 min	PING PONG TOURNAMENT Beach / Sports zone 30-90 min	FOOTBALL MATCH Beach / Sports zone 30-90 min	VOLLEYBALL MATCH Beach / Sports zone 30-90 min	PETANQUE GAME Beach / Sports zone 30-90 min	BADMINTON MATCH Beach / Sports zone 30-90 min	FOOTBALL MATCH 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

Available daily between 8:00 - 17:00	CORE YOGA FLOW	STAND UP PADDLE	MEDITATION	ADVANCED YOGA	PRANAYAMA	WHEEL YOGA	
	Activate your center and build strength with focused core sequences. Enhance stability, tone your body, and move with mindful energy for a balanced flow.	Flow with the waves of the Indian Ocean. Enhance your flexibility and boost your mood with the soothing sounds of the waves.	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.	Elevate your practice by exploring advanced variations. Deepen your strength through focused hip-opening poses and arm balances.	Breathe in peace. Breathe out stress. Cultivate balance in the mind, heart, and body through the transformative power of breath.	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

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