



# WELLBEING PROGRAM

	MONDAY / EARTH	TUESDAY / WATER	WEDNESDAY / FIRE	THURSDAY / AIR	FRIDAY / ETHER	SATURDAY	SUNDAY
7:30		<b>MORNING BEACH RUN</b> 30 min / included <i>Meet at Wimbi / Beach</i>				<b>BEACH WALK WITH A PURPOSE</b> 30 min / included <i>Meet at Wimbi / Beach</i>	
8:30	<b>THERAPEUTIC YOGA FOR HEALTHY LEGS</b>  Yoga Deck 60 min / USD 30 pers.  <input type="button" value="BOOK AHEAD"/>	<b>DEEP HIP OPENING STAND UP PADDLE YOGA</b>  Wimbi / Beach 60 min / USD 30 pers. <i>Limited space</i>  <input type="button" value="BOOK AHEAD"/>	<b>IMMUNE BOOSTING HATHA YOGA</b>  Yoga Deck 60 min / USD 30 pers.  <input type="button" value="BOOK AHEAD"/>	<b>THERAPEUTIC YOGA FOR HEART AND LUNGS</b>  Yoga Deck 60 min / USD 30 pers.  <input type="button" value="BOOK AHEAD"/>	<b>METABOLISM BOOST HATHA YOGA</b>  Yoga Deck 60 min / USD 30 pers.  <input type="button" value="BOOK AHEAD"/>	<b>HORMONE BALANCE YOGA</b>  Yoga Deck 60 min / USD 30 pers.  <input type="button" value="BOOK AHEAD"/>	<b>METABOLISM BOOST HATHA YOGA</b>  Yoga Deck 60 min / USD 30 pers.  <input type="button" value="BOOK AHEAD"/>
15:30	<b>GENTLE STANDING YOGA FOR BEGINNERS</b>  Yoga Deck 45 min / included	<b>GENTLE YIN YOGA FOR TIGHT HIPS</b>  Yoga Deck 45 min / included	<b>GENTLE YIN FOR DIGESTIVE SYSTEM</b>  Yoga Deck 45 min / included	<b>TIGHT SHOULDERS RELEASE HATHA YOGA</b>  Yoga Deck 45 min / included	<b>DETOX HATHA YOGA</b>  Yoga Deck 45 min / included	<b>A TOUCH OF REIKI</b>  Yoga Deck 45 min / included	<b>KUNDALINI YOGA</b>  Yoga Deck 45 min / included
17:00	<b>VOLLEYBALL MATCH</b>  Beach / Sports zone 30-90 min / included	<b>PING PONG TOURNAMENT</b>  Beach / Sports zone 30-90 min / included	<b>FOOTBALL MATCH</b>  Beach / Sports zone 30-90 min / included	<b>VOLLEYBALL MATCH</b>  Beach / Sports zone 30-90 min / included	<b>PETANQUE GAME</b>  Beach / Sports zone 30-90 min / included	<b>BADMINTON MATCH</b>  Beach / Sports zone 30-90 min / included	<b>FOOTBALL MATCH</b>  Beach / Sports zone 30-90 min / included

Prices per person. Meet up point at the specified location unless stated otherwise. All suitable for beginners. The program is subject to change. Ed202309a

**BOOK IN PERSON:** Reception desk or Yoga Room **BOOK VIA WHATSAPP:** +255 62 02 55 098



Save the program