

Tuesday 4th April 2023
(Ms. Ann-Christine)

6.00am | 20 minute Morning Walk

Through the local village

6.50am | Morning Healthy Drink

Served in yoga pavilion

7.00am | Yoga

Held in the Yoga Pavilion

8.00am | Breakfast

Served in the River Deck

10.00am | Consultation

In Dr Office

12.00pm | Group Meditation (Self-Practice)- Optional

Held in the Yoga Pavilion

12.30pm | Lunch

Served in River Pavilion

3.30pm | Abhyanga & Shirodhara

In River Spa

5.00pm | Yoga

Held in the Yoga Pavilion

6.15pm | Mocktail

Served in the River Pavilion

6.30pm | Dinner

Served in the River Pavilion

9.00pm | Good Night / Selamat Malam