

Thursday 6th 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

11.00am | Consultation

In Dr Office

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

Held in the Yoga Pavilion

12.30pm | Lunch

Served in River Pavilion

2.00pm | Pizzicchill, Patra Pottali & Netra Tarpana

In River Spa

5.00pm | Yoga / Tanah Lot Temple Trip

Held in the Yoga Pavilion

6.45pm | Mocktail

Served in the Yoga Green

7.00pm | Gala Dinner

Served in the Yoga Green

9.00pm | Good Night / Selamat Malam