

**Friday 7th April 2023**  
**( Ms. Ann-Christine )**

**6.00am | 20 minute Morning Walk**

Through the local village

**7.00am | Yoga**

Held in the Yoga Pavilion

**8.00am | Abhyanga & Svedana**

In River Spa

**9.45am | Consultation**

In Room

**After Consultation | Castor Oil**

In Room

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

Held in the Yoga Pavilion

**12.30pm | Lunch**

Served in River Pavilion / Room

**2.00pm | Facial**

In Room

**5.00pm | Yoga - Optional**

Held in the Yoga Pavilion

**6.15pm | Mocktail**

Served in the River Pavilion

**6.30pm | Dinner**

Served in the River Pavilion / Room

**9.00pm | Good Night / Selamat Malam**