

**Tuesday 11th 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

**9.45am | Consultation**

In Dr Office

**10.30am | Abhyanga & Takradhara**

In River Spa

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

Held in the Yoga Pavilion

**12.30pm | Lunch**

Served in River Pavilion

**After Lunch | Matra Basti**

In Room

**2.30pm | Facial**

In Room

**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**