



WELLBEING PROGRAM

| | MONDAY / EARTH | TUESDAY / WATER | WEDNESDAY / FIRE | THURSDAY / AIR | FRIDAY / ETHER | SATURDAY | SUNDAY |
|-------|---|---|--|--|---|---|--|
| 7:30 | | MORNING BEACH RUN 30 min / included <i>Meet at Wimbi / Beach</i> | | | | BEACH WALK WITH A PURPOSE 30 min / included <i>Meet at Wimbi / Beach</i> | |
| 8:30 | THERAPEUTIC YOGA FOR HEALTHY LEGS Yoga Deck 60 min / USD 30 pers. <input type="button" value="BOOK AHEAD"/> | DEEP HIP OPENING STAND UP PADDLE YOGA Wimbi / Beach 60 min / USD 30 pers. <i>Limited space</i> <input type="button" value="BOOK AHEAD"/> | IMMUNE BOOSTING HATHA YOGA Yoga Deck 60 min / USD 30 pers. <input type="button" value="BOOK AHEAD"/> | THERAPEUTIC YOGA FOR HEART AND LUNGS Yoga Deck 60 min / USD 30 pers. <i>Limited space</i> <input type="button" value="BOOK AHEAD"/> | METABOLISM BOOST HATHA YOGA Yoga Deck 60 min / USD 30 pers. <input type="button" value="BOOK AHEAD"/> | HORMONE BALANCE YOGA Yoga Deck 60 min / USD 30 pers. BOOK AHEAD | THERAPEUTIC YOGA FOR VAGUS NERVE Yoga Deck 60 min / USD 30 pers. <input type="button" value="BOOK AHEAD"/> |
| 15:30 | GENTLE STANDING YOGA FOR BEGINNERS Yoga Deck 45 min / included | GENTLE YIN YOGA FOR TIGHT HIPS Yoga Deck 45 min / included | GENTLE YIN FOR DIGESTIVE SYSTEM Yoga Deck 45 min / included | TIGHT SHOULDERS RELEASE HATHA YOGA Yoga Deck 45 min / included | DETOX HATHA YOGA Yoga Deck 45 min / included | A TOUCH OF REIKI Yoga Deck 45 min / included | KUNDALINI YOGA Yoga Deck 45 min / included |
| 17:00 | VOLLEYBALL MATCH Beach / Sports zone 30-90 min / included | PING PONG TOURNAMENT Beach / Sports zone 30-90 min / included | FOOTBALL MATCH Beach / Sports zone 30-90 min / included | VOLLEYBALL MATCH Beach / Sports zone 30-90 min / included | PETANQUE GAME Beach / Sports zone 30-90 min / included | BADMINTON MATCH Beach / Sports zone 30-90 min / included | FOOTBALL MATCH 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. Ed202401a

BOOK IN PERSON: Reception desk or Yoga Room **BOOK VIA WHATSAPP:** +255 620 250 132



Save the program