



WEEKLY ACTIVITY CALENDAR



June 17 – June 23, 2024



MONDAY	June 17	<p>9:00 am – Morning Ritual: Ancient Practices for Balance & Vitality with Sezin @Yoga Pavilion 45 min</p> <p>10:00 am - Wellness Consultations with Meghan @Breakfast</p> <p>4:00 pm – Animal Flow with Brylle 45 min @Movement Studio</p> <p>5:00 pm - Ai Chi with Pablo @Outdoor Pool (swimming suit required)</p>
TUESDAY	June 18	<p>8:00 am – Nordic Walking with Pablo meet at Spa Reception (4 pax)</p> <p>10:00 am – Wellness Consultation with Pablo “Pain relief through Aqua therapy” @Breakfast</p> <p>3:00 pm – Functional Training with Mustafa 45 min @Basketball Court (5 pax)</p> <p>4:00 pm – Shamanic Breath for Stillness & Unity with Sezin 45 min @Meditation Dome (10 pax)</p> <p>5:00 pm – Relax & Stretch with Brylle 30 min @Main Beach</p>
WEDNESDAY	June 19	<p>9:00 am – Hatha Yoga with Nandini 45 min @Yoga Pavilion</p> <p>10:00 am - Wellness Consultation with Sezin “The Therapeutic Power of Breath”</p> <p>3:00 pm – Regulate & Reset with Meghan & Sezin 20 min @Alchemy Bar</p> <p>5:00 pm - Ai Chi with Pablo 45 min @Main Pool (swimming suit required)</p> <p>6:00 pm – Sunset Journey Within “Let GO & Receive” Discover The Labyrinth Walk 45 min meet @Spa Reception</p>
THURSDAY	June 20	<p>8:00 am – Nordic Walking with Pablo 45 min meet at Spa Reception (4 pax)</p> <p>9:00 am – Manual Meditation with Meghan 30 min @Main Beach</p> <p>10:00 am – Wellness Consultation with Nandini “Discover your Dosha, Ayurveda- The Art of Life”</p> <p>3:00 pm – HIIT Workout with Brylle 30 min @Basketball court (5 pax)</p> <p>5:00 pm – Sound Healing under the trees with Meghan 30 min @Main Beach</p>
FRIDAY	June 21 International Yoga Day	<p>7:30 am – Sunrise Walk: Barefoot walk to connect with nature meet @ Spa Reception</p> <p>8:00 am – Traditional Yoga: Surya Namaskar with Nandini 60 min @Yoga Pavilion</p> <p>11:00 am – Aqua Flow & Yoga Breath with Nandini & Pablo 45 min @Main Pool</p> <p>3:00 pm – Facial Yoga with Güliz 30 min @Main Beach</p> <p>4:30 pm – Yoga Dance Flow with Nandini 45 min @Main Beach</p> <p>5:00 pm – Aerial Yoga with Güliz 45 min @Yoga Pavilion</p> <p>6:30 pm – Agnihotra: Traditional fire ritual to connect with the ‘pancha bhutas’ @Fire Pit</p>
SATURDAY	June 22	<p>8:00 am – Nordic Walking with Pablo meet at Spa Reception (4 pax)</p> <p>9:00 am – Self Lymphatic Rejuvenation 45 min with Meghan @Alchemy Bar</p> <p>10:00 am – Wellness Consultation with Sezin “The Therapeutic Power of Breath”</p> <p>3:00 pm – Restorative Yoga with Guliz 45 min @Yoga Studio</p> <p>5:00 pm – Go to the Core short power workout for your CORE with Brylle 20 min @Main Beach</p>
SUNDAY	June 23	<p>9:00 am – Full Body Workout 45 min with Brylle @Movement Studio</p> <p>10:00 am - Wellness Consultation with Nandini “Discover your Dosha, Ayurveda- The Art of Life”</p> <p>3:00 pm – Hatha Yoga with Güliz 45 min @Yoga Studio</p> <p>5:00 pm - Shamanic Breath for Stillness & Unity Meditation 45 min with Sezin @Meditation Dome (10 pax)</p>



*Meeting point for all activities is Spa Reception, for more information please contact Spa Reception.
*Kindly sign up in advance for wellness activities with your GEM or at Spa Reception.