

# MINI YOGA RETREAT

RELAX . RECONNECT . REJUVENATE

	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	Dinner
Day 1	Arrive. Relax. Unwind										Gentle flow	Rehydrating drink	Dinner
Day 2	Energize Herbal tea / infused water @ The Spice House	Morning meditation (30mins)	Vinyasa flow	Breakfast	Personal time						Gentle flow	Rehydrating drink	Dinner
Day 3	Energize Herbal tea / infused water @ The Spice House	Morning meditation (30mins)	Vinyasa flow	Breakfast	Personal Time					Aqua Yoga (30mins)	Gentle flow	Rehydrating drink	Dinner
Day 4	Energize Herbal tea / infused water @ The Spice House	Morning meditation (30mins)	Vinyasa flow	Breakfast	Personal time. Depart								

**Note:**

The day and timing of Aqua Yoga, Workshop and Off-site Yoga/Meditation session may be adjusted depending on weather conditions.

The 1-hour Vietnamese massage may be arranged at any time between Yoga sessions. Please make your reservation at the reception.