

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					Aqua Yoga (30mins)	Gentle flow	Rehydrating drink	Dinner
Day 3	Energize Herbal tea / infused water @ The Spice House	Morning meditation (30mins)	Vinyasa flow	Breakfast	Personal time. Workshop						Gentle flow	Rehydrating drink	Dinner
Day 4	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 5	Energize Herbal tea / infused water @ The Spice House	Morning meditation (30mins)	Vinyasa flow	Breakfast	Personal time. Off-site Yoga/Meditation session						Gentle flow	Rehydrating drink	Dinner
Day 6	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 7	Energize Herbal tea / infused water @ The Spice House	Morning meditation (30mins)	Vinyasa flow	Breakfast	Personal time						Gentle flow	Rehydrating drink	Dinner
Day 8	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.

Retreat package is inclusive of daily breakfast and half-board meal plan (3-course Lunch OR Dinner).

3 hours Vietnamese massage may be arranged at any time between Yoga sessions. You may book separate 1-hour treatments on different days.

Please make your reservation at the reception.