ACTIVITY CALENDAR

Join us for these complimentary activities

TIME	VENUE	TYPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00 - 06:45	WELCOME LOUNGE	CULTURE	Guided Bicycle Trail – *Old Town*	Guided Bicycle Trail - *Village*	Guided Bicycle Trail – *Market*	Guided Bicycle Trail – *Old Town*	Guided Bicycle Trail - *Village*	Guided Bicycle Trail – *Market*	Guided Bicycle Trail – *Old Town*
07:30 - 08:00	YOGA STUDIO/ THE FISHERMAN POOLSIDE	WELLBEING	Silent Mindful Walk – *Yoga Studio*	Vietnamese Tai Chi – *The Fisherman poolside*	Silent Mindful Walk – *Yoga Studio*	Vietnamese Tai Chi – *The Fisherman poolside*	Silent Mindful Walk – *Yoga Studio*	Vietnamese Tai Chi – *The Fisherman poolside*	Silent Mindful Walk – *Yoga Studio*
08:00 - 08:45	YOGA STUDIO	WELLBEING	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow
08:30 - 09:00	WELCOME LOUNGE / MINI TRA QUE GARDEN	KIDS	Koi Fish Feeding - *Welcome Lounge*	Herb Planting – *Mini Tra Que Garden*	Koi Fish Feeding - *Welcome Lounge*	Herb Planting – *Mini Tra Que Garden*	Koi Fish Feeding - *Welcome Lounge*	Herb Planting – *Mini Tra Que Garden*	Koi Fish Feeding - *Welcome Lounge*
09:15 - 09:30	LUMINA WELLBEING WELCOME LOUNGE	MINDFUL RITUALS	Blessing Tree – *Lumina Wellbeing*	Altar Offering – *Welcome Lounge*	Blessing Tree – *Lumina Wellbeing*	Altar Offering – *Welcome Lounge*	Blessing Tree – *Lumina Wellbeing*	Altar Offering – *Welcome Lounge*	Blessing Tree – *Lumina Wellbeing*
11:00 - 12:00	THE FISHERMAN KIDS PLAY ZONE	KIDS	Kids Eco Crafting *Vegetable prints*	Kids Eco Crafting *Rock Binding*	Kids Eco Crafting *Nature Mandala*	Kids Eco Crafting *Vegetable prints*	Kids Eco Crafting *Rock Binding*	Kids Eco Crafting *Nature Mandala*	Kids Eco Crafting *Toilet Roll Recycling*
14:00 - 14:30	THE FISHERMAN BASKET BOAT JETTY	CULTURE	Basket Boat Rides	Basket Boat Rides	Basket Boat Rides	Basket Boat Rides	Basket Boat Rides	Basket Boat Rides	Basket Boat Rides
16:00 - 17:00	YOGA STUDIO	WELLBEING	Partner Yoga	Partner Yoga	Partner Yoga	Partner Yoga	Partner Yoga	Partner Yoga	Partner Yoga
17:00 - 18:00	LUMINA WELLBEING	CULTURE	Sunset Cruise	Sunset Cruise	Sunset Cruise	Sunset Cruise	Sunset Cruise	Sunset Cruise	Sunset Cruise
18:00 - 18:45	YOGA STUDIO	WELLBEING	Yin Stretch & Breathe Yoga	Yin Stretch & Breathe Yoga	Yin Stretch & Breathe Yoga	Yin Stretch & Breathe Yoga	Yin Stretch & Breathe Yoga	Yin Stretch & Breathe Yoga	Yin Stretch & Breathe Yoga
18:45 - 19:00	WELCOME LOUNGE	MINDFUL RITUALS	Lantern Lighting Ritual	Lantern Lighting Ritual	Lantern Lighting Ritual	Lantern Lighting Ritual	Lantern Lighting Ritual	Lantern Lighting Ritual	Lantern Lighting Ritual
20:00 - 20:45	YOGA STUDIO	WELLBEING	Sleep Yoga	Sleep Yoga	Sleep Yoga	Sleep Yoga	Sleep Yoga	Sleep Yoga	Sleep Yoga