

Weekly Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cultural Show	20.00h - 20.30h						
Oriental Music		18.30h - 20.30h					
Spiritual Program			18.30h - 19.30h				
Mocktail Party				18.30h - 19.30h			
Violin Music				18.30h - 20.30h			
Doctor's Lecture					20.00h - 21.00h		
Solo Guitarist						18.30h - 21.00h	
Cookery Demonstration							18.00h - 18.30h
Morning Yoga	06.50h - 07.50h	06.50h - 07.50h	06.50h - 07.50h	06.50h - 07.50h		06.50h - 07.50h	06.50h - 07.50h
Evening Yoga	17.00h - 18.00h			17.00h - 18.00h	17.00h - 18.00h		
Aqua Yoga			17.00h - 18.00h			17.00h - 18.00h	
Meditation		17.00h - 18.00h			07.00h - 08.00h		

Note: Mocktail Party & Spiritual Program Every Other Week.