




# WELLNESS ACTIVITIES

Wellness Activities are complimentary classes designed to enhance well-being and foster creativity.  
Advanced booking is required (preferably with 1 hour notice)



	<b>VINYASA YOGA FLOW</b> <b>07:00 - 08:00</b> A dynamic and fluid style of yoga that emphasizes the seamless transition between postures synchronized with breath, promoting strength, flexibility & mindfulness	<b>BREATHWORK MASTER CLASS</b> <b>9:30 - 10:30</b> Engage in powerful heart-focused breathing techniques to slow down, restore balance & quiet mental chatter, allowing your heart to lead the way	<b>HIIT POWER WORKOUT</b> <b>11:00 - 11:30</b> High-Intensity Interval Training (HIIT) alternates between short bursts of intense exercise & brief periods of rest, maximizing calorie burn & endurance in a time-efficient manner	<b>CREATIVE WORKSHOP</b> <b>14:30 - 15:30</b> Participate in guided creative activities such as collage, drawing & painting aimed to explore your inner landscape & express yourself authentically	<b>GENTLE HATHA YOGA</b> <b>18:00 - 19:00</b> Slow-paced & mindful practice that emphasizes on postures, stretching, flexibility, breath control, making it accessible & calming for all levels
					
<b>BENEFITS</b>	Improved cardiovascular health, boost energy levels, stress reduction, strength & flexibility	Reduce stress & anxiety, enhance mental clarity, emotional release, increased energy levels	Improved cardiovascular health, increased metabolism, muscle tone & strength, fat loss & improved insulin sensitivity	Enhance creativity, promote self-expression, provide therapeutic relaxation, stress & anxiety relieve	Improved flexibility, enhanced strength, stress & anxiety relieve, better posture & alignment
<b>INTENSITY</b>					
<b>Monday</b>	Hip Opening	Cultivate Coherence	Three-Round Dual Circuit	Self-Symbol Carving	Gentle Twisting
<b>Tuesday</b>	Core & Hand strength	Lock In With Gratitude	Interval Burst Training	Intentions Collage	Shoulder & Uper Back Ease
<b>Wednesday</b>	Twisting	Radiate with Sending It Out	Double Circuit Repeat	Self-Care Box	Flexibility
<b>Thursday</b>	Balance & Standing	Calm with Box Breathing	Three-Round Dual Circuit	Past & Future Hands	Hips & Lower Back Comfort
<b>Friday</b>	Flexibility & Mobility	Revitalize with Alkaline Breathing	Interval Burst Training	In-Out Reflection Mask	Gentle Core Strength & Balance
<b>Saturday</b>	Shoulder & Hand Strength	Energize with Fire Breathing	Three-Round Dual Circuit	Tree of Life	Heart & Chest Expansion
<b>Sunday</b>	Spine Health	Flow with Sufi Breathing	Double Circuit Repeat	Inner Landscape	Legs & Hips Unwind

Each wellness activity can be booked privately for one-on-one sessions with an additional charge.  
For more information, please contact our wellness reception ext. 815