

## WELLNESS

### MONDAY

#### CHAKRA BALANCING MEDITATION

3:00 PM, duration: 45 min

### TUESDAY

#### HATHA YOGA

3:00 PM, duration: 45 min

### WEDNESDAY

#### CIRCUIT TRAINING

9:00 AM, duration: 45 min

### THURSDAY

#### TIBETAN SINGING BOWLS

3:00 PM, duration: 45 min

### FRIDAY

#### GUIDED MEDITATION

3:00 PM, duration: 30 min

### SATURDAY

#### VINYASA YOGA

9:00 AM, duration: 45 min

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#### HANDPAN SOUND HEALING

3:00 PM, duration: 30 min

### SUNDAY

#### MORNING YOGA

9:00 AM, duration: 45 min

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#### CRYSTAL SOUND HEALING

3:00 PM, duration: 45 min

## THE SPA

working hours: 10 am - 8 pm, daily

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