

Daily Wellness Schedule

TEARDROP HOTELS
WELLNESS X VIKASA

Time	Venue	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:20am (20 mins)	Spa Room or Outdoor	Guided Meditation Complimentary	Guided Meditation Complimentary	Guided Meditation Complimentary	Guided Meditation Complimentary	Guided Meditation Complimentary	Guided Meditation Complimentary
7:30 - 8:45am (75 mins)	Spa Room or Outdoor	Vikasa Complete USD 20	Vikasa Complete USD 20	Vikasa Complete USD 20	Vikasa Complete USD 20	Vikasa Complete USD 20	Vikasa Complete USD 20
5:00 - 6:00pm (60 mins)	Courtyard	Vikasa Chill or Flow USD 20	N/A	Vikasa Chill or Flow USD 20	Vikasa Chill or Flow USD 20	Vikasa Chill or Flow USD 20	N/A
6:45 - 7:30pm (45 mins)	Courtyard	Sound Healing USD 15	N/A	Sound Healing USD 15	Get a Mindful Complimentary	Sound Healing USD 15	N/A

Prices shown are per person, inclusive of all government taxes, and subject to 10% service charge.

Daily schedule is subject to change and sessions are limited to a maximum of 10 guests.
If you wish to join a session, please inform a member of our team at least 2 hours in advance.