

Wellness Schedule

TEARDROP HOTELS

WELLNESS X VIKASA

Time	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45 - 8:10am (25 mins)	Guided Meditation Complimentary				
8:15 - 9:30am (75 mins)	Vikasa Flow USD 20	Vikasa Complete USD 20	Vikasa Flow USD 20	Vikasa Complete USD 20	Vikasa Flow USD 20
4:00 - 5:00pm (60 mins)	Vikasa Align USD 20	Vikasa Chill USD 20	Vikasa Align USD 20	Vikasa Chill USD 20	Vikasa Align USD 20
5:30 - 6:15pm (45 mins)	Sound Healing USD 15				
7:00 - 7:45pm (45 mins)	-	Yoga Nidra USD 15	-	Yoga Nidra USD 15	-

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

The schedule is subject to change and sessions are limited to a maximum of 25 guests.

If you wish to join a session, please inform a member of our team at least 2 hours in advance.