

Wellness Schedule

TEARDROP HOTELS
WELLNESS X VIKASA

| Time | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 7:45 - 8:10am (25 mins) | Guided Meditation Complimentary | Guided Meditation Complimentary | Guided Meditation Complimentary | Guided Meditation Complimentary | 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 | Sound Healing USD 15 | Sound Healing USD 15 | Sound Healing USD 15 | 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.