

Wellness Schedule

TIME	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45 - 8:10am (25 mins)	Mindful Meditation Complimentary	Mindful Meditation Complimentary	Mindful Meditation Complimentary	Mindful Meditation Complimentary	Mindful Meditation Complimentary
8:15 - 9:30am (75 mins)	Morning Energy Yoga (Vikasa Flow) USD 20	Mind, Breath & Body Yoga (Vikasa Complete) USD 20	Morning Energy Yoga (Vikasa Flow) USD 20	Mind, Breath & Body Yoga (Vikasa Complete) USD 20	Morning Energy Yoga (Vikasa Flow) USD 20
4:00 - 5:00pm (60 mins)	Yoga Foundations (Vikasa Align) USD 20	Restorative Yoga (Vikasa Chill) USD 20	Yoga Foundations (Vikasa Align) USD 20	Restorative Yoga (Vikasa Chill) USD 20	Yoga Foundations (Vikasa Align) USD 20
5:30 - 6:15pm (45 mins)	Relaxing Sound Journey USD 15	Relaxing Sound Journey USD 15	Relaxing Sound Journey USD 15	Relaxing Sound Journey USD 15	Relaxing Sound Journey USD 15
7:00 - 7:45pm (45 mins)	—	Deep Rest Meditation USD 15	—	Deep Rest Meditation 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.