

# WELLNESS ACTIVITIES

Wellness Activities are complimentary classes designed to enhance well-being and foster creativity.  
Advanced booking is required (preferably with 1 hour notice)



	VINYASA YOGA FLOW 07:00 - 08:00	BREATHWORK MASTER CLASS 9:30 - 10:30	HIIT POWER WORKOUT 11:00 - 11:30	CREATIVE WORKSHOP 14:30 - 15:30	GENTLE HATHA YOGA 18:00 - 19:00
	A dynamic and fluid style of yoga that emphasizes the seamless transition between postures synchronized with breath, promoting strength, flexibility & mindfulness	Engage in powerful heart-focused breathing techniques to slow down, restore balance & quiet mental chatter, allowing your heart to lead the way	High-Intensity Interval Training (HIIT) alternates between short bursts of intense exercise & brief periods of rest, maximizing calorie burn & endurance in a time-efficient manner	Participate in guided creative activities such as collage, drawing & painting aimed to explore your inner landscape & express yourself authentically	Slow-paced & mindful practice that emphasizes on postures, stretching, flexibility, breath control, making it accessible & calming for all levels
					
BENEFITS	Improved cardiovascular health, boost energy levels, stress reduction, strength & flexibility	Reduce stress & anxiety, enhance mental clarity, emotional release, increased energy levels	Improved cardiovascular health, increased metabolism, muscle tone & strength, fat loss & improved insulin sensitivity	Enhance creativity, promote self-expression, provide therapeutic relaxation, stress & anxiety relieve	Improved flexibility, enhanced strength, stress & anxiety relieve, better posture & alignment
INTENSITY					
Monday	Hip Opening	Cultivate Coherence	Three-Round Dual Circuit	Self-Symbol Carving	Gentle Twisting
Tuesday	Core & Hand strength	Lock In With Gratitude	Interval Burst Training	Intentions Collage	Shoulder & Uper Back Ease
Wednesday	Twisting	Radiate with Sending It Out	Double Circuit Repeat	Self-Care Box	Flexibility
Thursday	Balance & Standing	Calm with Box Breathing	Three-Round Dual Circuit	Past & Future Hands	Hips & Lower Back Comfort
Friday	Flexibility & Mobility	Revitalize with Alkaline Breathing	Interval Burst Training	In-Out Reflection Mask	Gentle Core Strength & Balance
Saturday	Shoulder & Hand Strength	Energize with Fire Breathing	Three-Round Dual Circuit	Tree of Life	Heart & Chest Expansion
Sunday	Spine Health	Flow with Sufi Breathing	Double Circuit Repeat	Inner Landscape	Legs & Hips Unwind

Each wellness activity can be booked privately for one-on-one sessions with an additional charge.  
For more information, please contact our wellness reception ext. 815