

WEEKLY WELLNESS PROGRAM

Let your journey to inner peace begin with us.



MONDAY

06:45HRS - 07:45HRS | ISLAND AWAKENING | \$15++

An energizing Vinyasa flow at the Dive Center Jetty* to start your day with the rising sun and a focused state of mind

**Location may vary based on weather conditions*

17:30HRS - 18:30HRS | DEEP RELEASE | COMPLIMENTARY

A restorative Yin practice with long-held poses combined with vocal sounds to guide you into deep relaxation



TUESDAY

07:30HRS - 08:30HRS | BAREFOOT BALANCE | \$15++

A traditional Hatha Yoga practice that guides you toward a calm, focused and centered state

15:30HRS - 16:00HRS | JOURNEY BACK TO YOURSELF | \$8++

A gentle guided meditation to reconnect with yourself, cultivate self-love and find inner calm

17:30HRS - 18:30HRS | MELT & RESTORE - YIN | \$15++

A soothing Yin Yoga practice with long-held poses to gently stretch the body and melt into a state of ease and relaxation



WEDNESDAY

15:00HRS - 16:00HRS | HAPPY HEART, BEAUTIFUL BACK | \$15++

A mindful Vinyasa-Yoga practice to strengthen the back, open the chest and leave you feeling uplifted, balanced and at ease

18:30HRS - 19:30HRS | SUNSET SERENITY | \$15++

A gentle and slow sunset Vinyasa flow at the Dive Center Jetty* to unwind, breathe and embrace the beauty of the evening.

**Location may vary based on weather conditions*



THURSDAY

07:30HRS - 08:30HRS | HEALTHY HIPS, SOFT SOUL | COMPLIMENTARY

A gentle Hatha practice to open the hips, release tension and create ease in body and mind

16:00HRS - 17:00HRS | REFINED POWER | \$15++

A full-body Pilates class to build strength, stability and control



FRIDAY

10:00HRS - 11:00HRS | STRONG & SCULPTED | \$15++

A Pilates workout focusing on toning the body

15:00HRS - 16:00HRS | INFINITY FLOW | \$15++

A continuous Vinyasa Flow with repeating sequences designed to calm the mind and create a meditative state



SATURDAY

09:00HRS - 10:00HRS | DIVINE DETOX | \$15++

A revitalizing Hatha yoga practice featuring twisting postures to stimulate digestion, improve mobility and leave you feeling refreshed and renewed

15:00HRS - 15:30HRS | BREATH RESET | \$8++

Conscious breathing techniques that increase mental clarity

18:00HRS - 19:00HRS | OCEAN STILLNESS | \$15++

Slow down and unwind through long-held Yin poses inspired by the calm and stillness of the ocean

ADVANCE BOOKING IS REQUIRED. PRIVATE CLASSES ARE AVAILABLE EVERY SUNDAY.

PRICES LISTED ARE PER SESSION. RATES ARE IN USD SUBJECT TO 10% SERVICE CHARGE AND 17% T-GST

FOR RESERVATIONS AND MORE INFORMATION, PLEASE VISIT OUR RECEPTION.