



Daily Wellness Activities

YOGA AND FITNESS ACTIVITIES

Sunday

| | |
|-------------------|--|
| 8:00 AM–9:00 AM | Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio |
| 11:00 AM–12:15 PM | Anti-Gravit Yoga 75 Minutes Venue-Yoga&Meditation Studio |
| 4:00 PM–5:00 PM | Boot Camp Venue-Vommuli House |
| 6:00 PM–6:45 PM | Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio |

Tuesday

| | |
|-------------------|--|
| 8:00 AM–9:00 AM | Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio |
| 11:00 AM–12:15 PM | Anti-Gravit Yoga 75 Minutes Venue-Yoga&Meditation Studio |
| 6:00 PM–6:45 PM | Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio |

Thursday

| | |
|-------------------|--|
| 8:00 AM–9:00 AM | Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio |
| 11:00 AM–12:15 PM | Anti-Gravit Yoga 75 Minutes Venue-Yoga&Meditation Studio |
| 4:00 PM–5:00 PM | Tabata HIIT Venue-Yoga&Meditation Studio |
| 6:00 PM–6:45 PM | Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio |

Saturday

| | |
|-------------------|--|
| 8:00 AM–9:00 AM | Sunrise Yoga 60 Minutes Venue-Yoga & Meditation Studio |
| 11:00 AM–12:15 PM | TRX Workout Venue-Yoga&Meditation Studio |
| 4:00 PM–5:00 PM | Boot Camp Venue-Vommuli House |
| 6:00 PM–6:45 PM | Sunset Meditation 45 Minutes Venue-Yoga & Meditation Studio |

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Friday

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**Advance booking is required to attend all the above activities and please contact your personal butler to arrange the booking.*

**All participants who are joining with any activities should required to wear fitness outfits during the sessions.*

**For Anti Gravit Yoga, it is mandatory to use the T-shirts with sleeves.*

**Anti Gravit Yoga will be chargable with USD 80++ Per person.*

**Personal Yoga and Fitness experiences are available upon requests.*