

Fill your day with balance, vitality, and mindful movement.

Timeless Vitality: 7-Day Wellness Schedule

MORNING WELLNESS - 7:30–8:15 AM

Day	Session	Description	Location
Monday	Yoga for Longevity	Gentle dynamic stretches & fascia release to awaken the body and maintain joint health.	Bageechaa Pavilion
Tuesday	Sun Salutation Flow	An energizing sequence of flowing poses to build warmth, strength, and focus while awakening the body.	Bageechaa Pavilion
Wednesday	Mindful Yoga Foundations	Slow, grounding movements to align body and mind. Suitable for all levels.	Bageechaa Pavilion
Thursday	Breathwork & Meditation	Learn mindful breathing techniques to boost focus and reduce stress.	Bageechaa Pavilion
Friday	Detox Yoga	A revitalizing flow with twists and dynamic movement to support detoxification, stimulate metabolism, and boost energy.	Bageechaa Pavilion
Saturday	Aqua Yoga	A refreshing practice using water resistance to strengthen the body and calm the mind.	Akoya Pool
Sunday	Moving Meditation	Chi Gong-inspired flowing movements awaken chi with mindful breath, cultivating calm, vitality, and harmony.	Bageechaa Pavilion

EVENING WELLNESS -18:00–18:30

Unwind, reconnect, and prepare your body for deep restorative sleep.

Day	Session	Description
Wednesday	Sleep Meditation	Guided sleep-inducing meditation enhanced with an immersive sound experience.

WEEKLY WELLNESS GROUP ACTIVITIES *Spaces are limited – Advance booking recommended*

Day	Session	Description
Every Monday 17:00 – 18:00	Essence of her Yoga Flow	Honoring the sacred feminine. A therapeutic practice supporting hormonal nourishment, pelvic relaxation and emotional healing. USD 45++
Every Sunday 18:00 -19:00	Sunset Sound Bath	A sensory journey of calming vibrations and rich harmonics that soothe the mind, release tension, and awaken inner harmony. USD 45++

Tip: Contact your Kilege to reserve a *Private Sound Bath, Sleep Meditation or Essence of her Yoga* for a deeper personalized experience.