

**SAMPLE PROGRAM: 3 DAYS, 2 NIGHTS “RELAX, REFLEX, RENEW” PROGRAM**

Date and Time	Day 1	Location
All Day	Arrival and optional spa treatments	Wellness Centre
6:00 pm – 8:30 pm	Welcome Dinner	The View
Date and Time	Day 2	Location
7:20 am – 8:00 am	Mindfulness Meditation	Wellness Studio 2
8:00 am – 9:00 am	Buffet Breakfast	DiVine Restaurant
9:00 am – 10:30 am	Group Yoga Training	Wellness Studio 1
10:30 am – 11:00 am	Healthy Juices	Booster Bar
11:00 am – 12:00 pm	Group Muay Thai Class	Muay Thai Stadium
12:00 pm – 1:00 pm	Lunch and Nutrition Talk (Alkaline Menu)	The View
1:00 pm – 2:00 pm	“Me” Time	
2:00 pm – 3:00 pm	Pilates Group Training	Fitness Studio 1
3:00 pm – 4:00 pm	Optional Spa Treatments or “Me” Time	Wellness Centre
5:00 pm – 6:00 pm	Aqua Exercise	25m Pool
6:30 pm – 8:00 pm	Dinner with Guest Speaker (Raw Menu)	DiVine