

YOUR WELLNESS JOURNEY PROGRAMME



DAY / TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM to 8:00 AM	Sunrise Yoga Dawn Jetty					Sunrise Yoga Dawn Jetty	
3:00 PM to 3:30 PM	Meditation & Breathing The Dhoni	Meditation & Breathing The Dhoni	Meditation & Breathing The Dhoni	Meditation & Breathing The Dhoni	Meditation & Breathing The Dhoni	Meditation & Breathing The Dhoni	Relaxing Breathing The Dhoni
6:30 PM to 7:15 PM		Sunset Yoga Dawn Jetty		Sunset Yoga Dawn Jetty			