



SLEEP & NATURE
HOTEL & SPA

COMPLIMENTARY WELLNESS ACTIVITIES



Activities subject to availability. For more information, please contact the reception.

WELLNESS ACTIVITIES

SCHEDULE

TUESDAY

Yoga Class

10:00 - 10:30 am

WEDNESDAY

Meditation

10:00 - 10:20 am

THURSDAY

Postural Alignment

10:00 - 10:20 am

FRIDAY

Yoga Class

11:00 - 11:30 am