



# SUMMER WELLNESS

"Glow into balance this summer, and let your wellness radiate with the warmth of the season."



## MONDAY

07:00 - 07:45  
Sunrise Yoga  
at Spa Pool

10:30 - 11:15  
Synergy 360  
at Gym

11:30 - 12:15  
Flow & Release  
Massage Workshop  
at ELE/NA

17:00 - 17:45  
Sound Healing  
at Spa Pool

## TUESDAY

07:00 - 07:45  
Power Yoga  
at Spa Pool

10:30 - 11:15  
Bootcamp  
at Gym

11:30 - 12:15  
Nature Beauty  
Workshop  
at ELE/NA

17:00 - 17:45  
Aqua Yoga  
at Spa Pool

## WEDNESDAY

07:00 - 07:45  
Yin Yoga  
at Spa Pool

10:30 - 11:15  
Body Blast  
at Gym

11:30 - 12:15  
Art of Healing  
Workshop  
at ELE/NA

18:00 - 19:00  
Natural Haircare Workshop  
at JDV Bar

## THURSDAY

07:00 - 07:45  
Yoga & Meditation  
at Spa Pool

10:30 - 11:15  
Core & Crunch  
at Gym

11:30 - 12:15  
Voya Seaweed  
Skincare Workshop  
at ELE/NA

17:00 - 17:45  
Floating Meditation  
at Spa Pool  
(Book your spot in advance.  
Max 6 pax)

## FRIDAY

07:00 - 07:45  
Flow Yoga  
at Spa Pool

10:30 - 11:15  
Synergy 360  
at Gym

17:00 - 17:45  
CrossFit  
at Gym

18:00 - 19:00  
Create your own Sand Bundle  
Workshop  
at Hudhu Bay

## SATURDAY

07:00 - 07:45  
Ashtanga Yoga  
at Spa Pool

10:30 - 11:15  
Aqua Fun  
at Main Pool

11:30 - 12:15  
Face Yoga  
at ELE/NA

17:00 - 17:45  
Mat Pilates  
at Spa Pool

## SUNDAY

07:00 - 07:45  
Relaxing Yoga  
at Spa Pool

10:30 - 11:15  
Body Weight  
Workout at Gym

11:30 - 12:15  
Gua Sha  
Beauty Workshop  
at ELE/NA

17:00 - 17:45  
Art of Breath  
at Spa Pool

Please contact your Butler to reserve your space.  
#wellnessyourway | [www.ele-na.com](http://www.ele-na.com)

