

SEN WELLNESS SANCTUARY

This is a typical day at Sen Wellness Sanctuary

TIME	ACTIVITY
05:30	Start with sunrise: As dawn begins to break, a cup of herbal tea is delivered to your room, supporting you to wake up, ready for a new day.
06:00 – 07:30	Yoga: The morning yoga session is energising and revitalising, helping you set a positive foundation for your day ahead.
07:30 – 08:30	Walk along the beach or go for a swim: After the morning yoga session, you may want to walk along the beautiful beach, or go for a refreshing swim in a nearby rock pool.
08:30 – 09:30	Breakfast: Enjoy a refreshing king coconut and a hearty breakfast.
09:30 – 13:00	Treatments or relaxation: This is the time for your daily Ayurvedic treatments and therapies, according to your programme, and customised to your body type. You will also have time to rest, explore or enjoy the space to simply be.
13:00 – 14:00	Lunch: A delicious, freshly prepared lunch is served for you to enjoy.
14:00 – 17:00	Treatments or relaxation: This is another window for Ayurvedic treatments and therapies, or for relaxing as you wish. There is a weekly schedule of activities that you can join, including lagoon boat rides, cooking demonstrations, Ayurvedic talks, and trips to a local market and a Buddhist temple with magnificent views.
17:00 – 18:30	Yoga: Evening yoga calls for gentler movement and a chance to go deeper into meditation, mantra chanting and a long relaxation, often with the healing vibrations of the gong.
19:00 – 20:00	Dinner: A fresh, light and delicious dinner is served. Meals are shared around a communal table, giving you the opportunity to chat with other guests and share experiences from the day.
20:00	Finish with sunset: Start preparing for sleep, heading to bed early to allow for deep full-body and mind restoration.

Wi-Fi is available from 08:30 – 09:30 and from 19:30 – 20:30