

Amatara Wellness Resort

This is a typical day on a Stress & Burn Out retreat.

TIME	ACTIVITY
06:00 – 08:00	Breakfast
08:00 – 08:50	Group Hatha yoga session
10:30 – 11:30	Foot reflexology session
12:00 – 13:30	Lunch
14:00 – 14:30	Breathing exercise session
15:00 – 15:50	Group Pilates on mat session
16:00 – 17:30	Amatara signature massage
18:00 – 21:00	Dinner