

Chiva-Som

This is a typical day on a Weight Loss retreat.

TIME	ACTIVITY
07:00 – 08:00	Personal training session (choose from Pilates, Kinesis, Boot camp, TRX, Freeform or Core coaching)
08:00 – 09:00	Breakfast
09:00 -09:25	Stretching session
11:00 – 12:00	Chiva-Som massage
12:00 – 12:45	Group fitness or leisure activity (e.g. Tai Chi, beach power walk, aqua aerobics, yoga etc.)
13:00 -14:00	Lunch
15:00 – 16:00	H2O body complex workout
18:00 – 20:00	Dinner