

Chiva-Som

This is a typical day on a Natural Renewal retreat.

TIME	ACTIVITY
07:00 – 08:00	Tai Chi session
08:00 – 09:00	Breakfast
09:00 -09:25	Skin facial analysis
11:00 – 12:00	Aqua class
11:00 – 12:00	Pranayama yoga session
13:00 -14:00	Lunch
16:00 – 17:00	Acupuncture session
17:00 -18:00	Signature massage
18:00 – 20:00	Dinner