

Chiva-Som

This is a typical day on a Tension Release retreat.

TIME	ACTIVITY
07:00 – 08:00	Group fitness or leisure activity (e.g. Tai Chi, beach power walk, aqua aerobics, yoga etc.)
08:00 – 09:00	Breakfast
09:00 -10:00	Holistic health treatments (choose from Craniosacral therapy, reiki gemstones therapy and acupressure reflexology)
11:00 – 12:00	Thai massage
12:00 – 12:45	Pilates session
13:00 -14:00	Lunch
15:00 – 16:00	Chiva-Som signature deep hand massage
18:00 – 20:00	Dinner