

KAMALAYA

This is a typical day on a Ideal Weight retreat.

TIME	ACTIVITY
07:00 – 08:00	Breakfast
08:45 – 09:45	Group classes (e.g. Yoga, Qi Gong, stretching, Muay Thai etc.)
10:00 – 10:30	BIA and body measurement
10:30 – 11:30	Personal training session
12:00 -14:00	Lunch
15:00 – 15:30	Far infrared sauna treatment
16:00 – 17:30	Traditional Asian foot massage with herbal soak
17:30 -18:30	Group classes (e.g. Aqua aerobics, evening meditation etc.) or relaxation time
19:00 – 20:00	Dinner