

# KAMALAYA

This is a typical day on a Relax & Renew 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 – 11:15	Upper body tension relief massage
12:00 -14:00	Lunch
16:00 – 17:15	Lotus blossom scrub & wrap
17:30 -18:30	Group classes (e.g. Aqua aerobics, evening meditation etc.) or relaxation time
19:00 – 20:00	Dinner