

ABSOLUTE SANCTUARY

This is a typical day on an Anti-Stress / Mindfulness retreat.

TIME	ACTIVITY
07:00 – 08:00	Breakfast
08:00 – 08:30	Meditation Session
08:30 – 09:30	Yoga Session
09:30 – 10:00	Foundation Class
10:00 – 11:00	Group Pilates Reformer Class
11:00 – 12:00	Relaxation time or à la carte treatment
12:00 – 13:00	Lunch
13:30 – 14:00	Far Infrared Sauna
14:00 – 15:00	Coffee Body Scrub
15:00 – 16:30	Traditional Thai Massage with Herbal Heat Compress
16:30 – 18:00	Relaxation time or à la carte treatment
18:00 – 19:00	Dinner