



## Samahita Sample Weekly Group Activities

<b>Time</b>	<b>Activity</b>
06:45	Herbal Tea/Coffee
07:00 – 07:25	Self-Silent-Cycle
08:00	Light Breakfast
07:30 – 08:30	Meditation and Breath Work Class
08:30 – 10:00	Yoga
10:00 – 13:00	Brunch Buffet (Hot Breakfast, 11:00am Lunch)
15:00 - 15:30	Fruit and Juice Snack
16:00 – 16:30	Integrated Core Strength Class
16:30 – 17:00	Cycle Class
17:00 – 18:00	Restorative Yoga
18:00 – 20:00	Dinner Buffet
18:00 – 20:00	Steam Room Available*
19:30 – 20:00	Approaches to Meditation
21:00	Facilities Close

\*Please sign up at the Wellness Centre.

Optional Group activities:

<b>TUESDAY</b> 1:00 -3:00pm Temple Walk	<b>THURSDAY</b> 2:00 -2:30pm Beach Love
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