



SPA

SLOW DOWN LIFESTYLE DIARY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MINDFULNESS PROGRAM							
COMPLIMENTARY	ASANA YOGA 08:00 – 08:30 @Veyo Spa	BREATHING 08:00 – 08:30 @Veyo Spa	SUNSET MEDITATION 18:00 – 18:30 @Arigato Beach	MAT PILATES 08:00 – 08:30 @Veyo Spa	POWER STONE EXERCISE 07:30 – 08:00 @Veyo Spa	SUNSET MEDITATION 18:00 – 18:30 @Arigato Beach	LAUGHING YOGA 17:30 – 18:00 @Veyo Spa
GROUP SESSIONS MAXIMUM 06 PEOPLE	SUNRISE YOGA USD 35 /person 06:00 – 07:00 @Sydney Harbour Bridge	SURYA NAMASKAR USD 35/person 06:00 – 07:00 @Sydney Harbour Bridge	FAMILY YOGA 2 Adults & 2 Kids USD 110 08:00 - 09:00 @Veyo Spa	SUNRISE YOGA USD 35 /person 06:00 – 07:00 @Sydney Harbour Bridge	YIN YANG USD 35/person 17:30 – 18:30 @Veyo Spa	SOHAM MEDITATION USD 35 /person 11:00 – 11:30 @Veyo Spa	PRANAYAMA USD 35 /person 11:00 – 12:00 @Veyo Spa
PRIVATE & COUPLE 01 HOUR SESSIONS AVAILABLE ON REQUEST	SOUND HEALING YOGA & MEDITATION USD 85/person USD 110 / Couple @Veyo Spa	PRANAYAMA USD 85/person USD 110 / Couple @Veyo Spa	PRE - NATAL YOGA USD 85/person @Veyo Spa	NIDRA YOGA USD 85/person USD 110 / Couple @Veyo Spa	PRIVATE REIKI USD 110 @Veyo Spa	ROMANTIC COUPLE YOGA USD 110 / Couple @Veyo Spa	MAT PILATES USD 85/person USD 110 / Couple @Veyo Spa

Reservation required. Book now through Veyo Spa, WOW Centre or Ambassador. Please note there is a number of maximum participants for classes. Reserve your slot early to avoid disappointments. Please note that class times or locations may change due to the weather conditions.