

SEPTEMBER 9

MONDAY

10.30AM	HATHA YOGA	DOME
1PM	TAROT INSIGHTS	GARDEN HOUSE
2.30PM	STILL LIFE PAINTING ART	GARDEN HOUSE
4PM	HEALTHY LIFESTYLE AYURVEDA	ROTUNDA

SEPTEMBER 10

TUESDAY

10.15AM	ECLECTIC YOGA	DOME
11.30AM	AYURVEDA - DIET FOR YOUR DOSHA	ROTUNDA
2.30PM	CREATE & MANIFEST ART	GARDEN HOUSE
4PM	RAJA MEDITATION	ROTUNDA

SEPTEMBER 11

WEDNESDAY

10.15	ALIGN & FLOW YOGA	DOME
2.45PM	WATER AI CHI / AQUA YOGA	POOL
4PM	TAROT INSIGHTS	ROTUNDA
7.00PM	RESTORATIVE YOGA	DOME

SEPTEMBER 12

THURSDAY

10.15	CORE YOGA	DOME
1PM	AYURVEDA: THE INDIAN SCIENCE OF LIFE	GARDEN HOUSE
3PM	TOTEM STONES ART	GARDEN HOUSE
7.00PM	CLEARING VIBRATIONS DRUMS	DOME

SEPTEMBER 13

FRIDAY

10.30AM	RAJA YOGA WITH MEDITATION	ROTUNDA
11.45AM	HAPPY BELLY AYURVEDA	ROTUNDA
3PM	THE ART OF EXPRESSION	GARDEN HOUSE
5.30PM	YOGA FOR POSTURE	DOME

SEPTEMBER 14

SATURDAY

10.15	FLEX & SCULPT YOGA	DOME
11:30AM	TAROT INSIGHTS	GARDEN HOUSE
2.15PM	DECOMPRESS YOGA	DOME
4PM	WATER AI CHI / AQUA YOGA	POOL
6PM	VINO VAN GOGH ART	GARDEN HOUSE
8PM	HEALING SOUNDBATH	DOME

SEPTEMBER 15

SUNDAY

9AM	SUN SALUTATION YOGA	DOME
10.30AM	RAJA MEDITATION	ROTUNDA
11.45AM	TAROT INSIGHTS	GARDEN HOUSE
1PM	THE ARTIST'S WAY	GARDEN HOUSE
4.30PM	WATER AI CHI / AQUA YOGA	POOL
7.00PM	RESTORATIVE YOGA	DOME

*PLEASE ARRIVE 10 MINUTES PRIOR TO CLASS START.

*KINDLY NOTE CLASSES CAN BE JOINED UP TO 10 MINUTES AFTER START TIME.

*ALL CLASSES ARE AVAILABLE AS PRIVATE SESSIONS, FOR INQUIRIES SEE THE SPA.

TWO BUNCH PALMS
ENRICHMENT CLASSES