

# Bespoke Wellness Program

by Resident Wellness Ambassador

	MON	TUE	WED	SAT	SUN	VENUE
ACTIVATING 7AM-8AM	Yoga for Beginner	Yoga for Beginner	Yoga for Beginner	Yoga for Beginner	Yoga for Beginner	Wellness Studio
RECOVERY 11AM-11:30AM	Ice Bath Recovery	Ice Bath Recovery	Ice Bath Recovery	Ice Bath Recovery	Ice Bath Recovery	Temple Garden
AWARENESS 3PM-3:30PM	Sound Bathing	Sound Bathing	Sound Bathing	Sound Bathing	Sound Bathing	Wellness Studio
ENHANCING 5PM-6PM	Intermediate Yoga	Intermediate Yoga	Intermediate Yoga	Intermediate Yoga	Intermediate Yoga	Wellness Studio

## ACTIVATING

Start your day with an energizing session to unblock energy along the spine through breath and movement, boosting circulation and vitality.

## RECOVERY

Refresh with an Epsom salt ice bath to speed muscle recovery, reduce inflammation, and leave you revitalized.

## AWARENESS

Enhance mindfulness with practices that foster focus and body awareness through intentional effort.

## ENHANCING

Rejuvenate with yoga postures that clear energy blockages, enhance 'prana' flow, and promote relaxation.

All activities are complimentary.

Advance reservations required. Comfortable clothing recommended.

For bookings, dial "0" or contact Service Express®.

