



PURE WELLNESS RETREAT ITINERARY

by  Via Sana Wellness

DAY 1 - Sunday ARRIVAL

2PM - CHECK IN

3:30-4:30PM - SPA TREATMENT

5: 30 - 6:30PM - HEALTH AND WELLNESS TALK BY THE POOL WITH COACH ALESSIA

7:30PM DINNER

DAY 2 - Monday

7:00 - 7:30 AM - MORNING TEA

7:30 - 8:30 AM - ENERGIZING VINYASA YOGA SESSION

8:30 - 10:00 AM BREAKFAST

10: 30 - 12:00 THAI VEGAN COOKING CLASS

12:30 PM -LUNCH

3:00 - 5:00 - PRIVATE NUTRITION CONSULTATIONS WITH ALESSIA OR SPA TREATMENT/
PRIVATE POOL TIME

5:30 - 6:30- EVENING MEDITATION AND RESTORATIVE YOGA SESSION

7:30 PM - DINNER

DAY 3 - Tuesday

7:00 - 7:30 AM - MORNING TEA

7:30 - 8:30 AM - ENERGIZING VINYASA YOGA SESSION

8:30 - 10:00 AM BREAKFAST

10: 30 - 12:00 RICE FIELD WALK

12:30 PM -LUNCH

3:00 - 5:00 - PRIVATE NUTRITION CONSULTATIONS WITH ALESSIA OR AQUA FITNESS BY
THE POOL

5:30 - 6:30- EVENING MEDITATION AND YIN YOGA SESSION

7:30 PM - DINNER

DAY 4 - Wednesday

7:00 - 7:30 AM - MORNING TEA

7:30 - 8:30 AM - ENERGIZING VINYASA YOGA SESSION

8:30 - 10:00 AM BREAKFAST

10: 30 - 12:00 FREE TIME

12:30 PM -LUNCH

3:00 - 4:00 - INTRODUCTION TO AYURVEDA LIFESTYLE TALK WITH ALESSIA

4:00 - 5:30 - FREE TIME

5:30 - 6:30- EVENING MEDITATION AND YIN YOGA SESSION

7:30 PM - DINNER

DAY 5 - Thursday

7:00 - 7:30 AM - MORNING TEA

7:30 - 8:30 AM - MEDITATION AND ENERGIZING VINYASA YOGA SESSION

Experiencing a day in silence

Today is a day of awareness, focusing on your inner self. Silence helps you reach a different level of consciousness and a better understanding of yourself. Just take the day to do nothing but contemplate. Try not to read, listen to music and no internet and social media etc. It is a perfect time to meditate, write in your journal or do some creative art therapy in your room.

8:30 - 10:00 AM - BREAKFAST IN THE PRIVACY OF YOUR ROOM

10:30 - 12:00 - FREE TIME FOR SELF EXPLORATION

12:30 PM - LUNCH IN THE PRIVACY OF YOUR ROOM

3:00 - 4:00 - SPA TREATMENT

4:00 - 5:30 - FREE TIME FOR SELF EXPLORATION

5:30 - 6:30- YOGA NIDRA SESSION

7:30 PM - DINNER IN YOUR ROOM

DAY 6 - Friday

7:00 - 7:30 AM - MORNING TEA

7:30 - 8:30 AM - ENERGIZING VINYASA YOGA SESSION

8:30 - 10:00 AM BREAKFAST

10:30 - 12:00 TRIP TO THE LOCAL MARKET OR BIKE RENTAL

12:30 PM -LUNCH

3:00 - 4:00 - DETOX TALK BY THE POOL WITH HEALTHY DRINKS WITH ALESSIA

4:00 - 5:30 - FREE TIME

5:30 - 6:30- EVENING MEDITATION AND RESTORATIVE YOGA SESSION

7:30 PM - FAREWELL DINNER

DAY 7 - Saturday

7:30 -8:30 - ENERGIZING VINYASA YOGA SESSION

8 30 - 10:00 AM - BREAKFAST

10:00 - 11:00 AM - Ritual of letting go and closing ceremony

Following breakfast, you are invited (optional) for a short meditation and ritual of letting go of your unwanted emotions, followed by a Q+A session with Alessia if you wish to discuss anything regarding your experience

12:00 PM CHECKOUT

If you are leaving today, we will take you to your next destination...if you are staying longer with us...enjoy!