

# SAMAHITA RETREAT

This is a typical day at Samahita Retreat.

TIME	ACTIVITY
06:45	Coffee or herbal tea.
07:00 – 07:25	Self-Silent-Cycle Class: This self-led indoor cycling class is the first activity offered on the daily schedule. Tune into your breath or the sounds of nature, decreasing distraction and increasing your ability to stay in the present moment. You will leave feeling energized and ready to start your day.
07:30 – 08:30	Meditation and Breath: Begin the morning with a specialized contemplation practice, a meditation practice that channels the mental energy onto a specific topic so that you can explore it deeply within. Pranayama is introduced in the morning class, along with breath regulation techniques.
08:30 – 10:00	Yoga Class – Dynamic Core Vinyasa: This is a dynamic class that both challenges and conditions the body, breath and mind. Samahita has developed different sequences to target separate areas of the body – these sequences are spread across the week so you experience an overall holistic effect on your body.
08:00 – 10:00	A light breakfast is available from 08:00.
10:00 – 12:00	Treatments or relaxation: This is the time for spa therapies as per your treatment programme, or to relax as you wish.
10:00 – 13:00	Brunch buffet with hot breakfast from 10:00 and lunch from 11:00.
13:00 – 16:00	Treatments or relaxation: This is another window for spa therapies as per your treatment programme, or to rest or explore the surrounding area.
16:00 – 16:30	Core Class: The afternoon core class incorporates fun, music based, dynamic exercises, integrating foundational body-based core exercises with top of the range functional equipment including TRX, Bosu, UGI, Sliders, Kettlebells, Grids, Toners, Flexbands, Stability balls, Resistance bands and Redondo balls.
16:30 – 17:00	Sama-Fun-Cycle Class: The afternoon indoor cycling class, guided by an instructor, is an innovative, beat-based workout designed to build leg strength and power, while improving cardiovascular fitness. Music makes it fun!
17:00 – 18:00	Yoga Class – Restorative Asana: Restorative yoga can take different forms – it can be very relaxation focused or it can be slow-moving or with longer holding of positions to go deeper into the restoration of the body. Samahita offers a variety of sequences throughout the week, so you get a balance of approaches.
18:00 – 20:00	The herbal steam room is available – please sign up at the Wellness Centre.
18:00 – 20:00	Dinner buffet.
19:30 – 20:00	Approaches to Meditation: This dedicated mediation session may include finding an appropriate seated position for your spine, watching the breath, Loving Kindness (Metta), Tratak, mantra meditation, walking meditation, recitation of Om or gong meditation.
21:00	As the facilities close, prepare for sleep and head to bed early, to allow your body and mind to rest.