

# KAMALAYA

This is a typical day on a Wellbeing Sabbatical retreat.

TIME	ACTIVITY
<b>07:00 – 08:00</b>	Breakfast
<b>08:45 – 09:45</b>	Group classes (e.g. Yoga, Qi Gong, stretching, Muay Thai etc.)
<b>10:00 – 11:30</b>	Kamalaya signature treatment – three treasures
<b>12:00 -14:00</b>	Lunch
<b>15:00 – 15:20</b>	Bioresonance energy treatment
<b>16:00 – 17:30</b>	Vital essence oil massage
<b>17:30 -18:30</b>	Group classes (e.g. Aqua aerobics, evening meditation etc.) or relaxation time
<b>19:00 – 20:00</b>	Dinner