RAYYA WELLNESS RECREATION ACTIVITIES

Date: 15th Sept- 21st Sept 2019

TIME	15 th SUNDAY	16 th MONDAY	17 th TUESDAY	18 th WEDNESDAY	19 th THURSDAY	20 th FRIDAY	21 th SATURDAY
8:30am -9:00 am	Full Body Toning Workout female spa / Yoga terrace 1 st floor	Hatha Yoga female spa / Yoga studio	Circuit Training female spa / Yoga studio	Boot Camp Synergy	Full Body Pump female spa / Yoga terrace 1 st floor	Core Attack female spa / Yoga terrace 1 st floor	HIIT female spa / Yoga terrace 1 st floor
9:30 am – 10:00 am	In Body Analysis * (Advance Booking) Accor Member free At Lobby Wellness Desk	Internal Age Test * (Advance Booking) Accor Member free At Lobby Wellness Desk	Internal Age Test * (Advance Booking) Accor Member free At Lobby Wellness Desk	In Body Analysis * (Advance Booking) Accor Member free At Lobby Wellness Desk	Internal Age Test * (Advance Booking) Accor Member free At Lobby Wellness Desk	In Body Analysis* (Advance Booking) Accor Member free At Lobby Wellness Desk	Internal Age Test* (Advance Booking) Accor Member free At Lobby Wellness Desk
1:00 pm-2:00 pm	Color & Aroma Therapy (Advance Booking) At Lobby Wellness Desk	Oxygen Therapy* (Advance Booking) Accor Member free At Lobby Wellness Desk	Color & Aroma Therapy (Advance Booking) At Lobby Wellness Desk	Oxygen Therapy* (Advance Booking) Accor Member free At Lobby Wellness Desk Aqua Bike 2:00PM-2:30PM Swimming pool	Color & Aroma Therapy (Advance Booking) At Lobby Wellness Desk	Oxygen Therapy* (Advance Booking) Accor Member free At Lobby Wellness Desk	Detox Brunch Activities Functional Training (11:30 am – 12:000 pm) Hatha Yoga (12:00pm-12:30pm Meditation (3:00 pm -3:30 pm) (female spa / yoga terrace 1 st floor)
5:00 pm -5:45 pm	Meditation* (Chargeable) female spa Yoga / studio	Relaxation Technique* (Chargeable) female spa / Yoga studio	Meditation* (Chargeable) female spa / Yoga studio	Pranayama* (Chargeable) female spa / Yoga studio	Meditation* (Chargeable) female spa / Yoga studio	Relaxation technique* (Chargeable) Female / spa Yoga studio	Meditation* (Chargeable) female spa / Yoga studio
6:00 pm	Candle Ritual (Lobby)	Candle Ritual (Lobby)	Candle Ritual (Lobby)	Candle Ritual (Lobby)	Candle Ritual (Lobby)	Candle Ritual (Lobby)	Candle Ritual (Lobby)

RAY A THEATAFAT

HATHA YOGA BEGINNER

Hatha Yoga beginner is recommended to the those who wants to focus on the loosening joints movements and basic poses for releasing the muscles tension and joints stiffiness, even the guest having certain physical limitations ,age limitation can also adopt for this class.

Meeting Point: YOGA STUDIO AT RAYYA SPA GROUND FLOOR.

HATHA YOGA INTERMEDIATE

Hatha yoga Intermediate is a combination of intermediate poses and Sun salutation flow to develop the strength, flexibility and balance of the entire body and Mind . Recommended to the guest who already into the practice and doesn't have chronic physical limitation especially joints.

Meeting Point: YOGA STUDIO AT RAYYA SPA GROUND FLOOR.

THERAPEUTIC YOGA

Therapeutic Yoga is defined as the application of yoga postures and practice to the treatment of health conditions and involves instruction in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations.

Meeting Point: YOGA STUDIO AT RAYYA SPA GROUND FLOOR.

BREATHING TECHNIQUES

The basis for all deep breathing practices originates in the science of yoga, specifically the branch of yoga known as pranayama. The word pranayama is derived from two Sanskrit words: prana (life force) and yama (control). By controlling the breath, you can influence every aspect of your life. You can train yourself to breathe in a way that has a positive influence on your health.

Meeting Point: YOGA STUDIO AT RAYYA SPA GROUND FLOOR.

WELLNESS LOUNGE (30 MINUTES) BOOKING IN ADVANCE REQUIRED

A dedicated area for health awareness and wellness activities which includes a range of rituals like the color and aromatherapy, and Oxygen bar session tailored to your need.

Meeting Point: WELLNESS AREA AT RAYYA SPA FIRST FLOOR

WELLNESS HOTEL TOUR

A tour to have an insight on the wellness and spa facilities and treatments along with a mindful walk on the reflexology track and a visit to the herbal garden. Also meet our wellness experts and wellness culinary chefs who will show around our healthy buffet options and provide guidance throughout the stay.

Meeting Point: HOTEL LOBBY GROUND FLOOR

MEDITATION :

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm state.

Meeting Point: YOGA STUDIO AT RAYYA SPA GROUND FLOOR.

WELLNESS TEA WITH EXPERT :

A discussion on a specific topic for the day with a view to gain awareness on optimum health and wellness.

Meeting Point: HOTEL LOBBY GROUND FLOOR / RAYYA SPA GROUND FLOOR

LAUGHTER YOGA

There are many mental, physical and emotional benefits attributed to the practice of Laughter Yoga it elevates mood and improve immunity. Lung capacity increases through deep breathing, enhancing oxygen delivery to all parts of the body.

Meeting Point: YOGA STUDIO AT RAYYA SPA GROUND FLOOR.