

# - THE STANDARD SPA -

## WELLNESS PROGRAM SCHEDULE

<b>MONDAY</b>	8:00 - 8:45	Hatha Yoga *	complimentary
	10:00 - 14:00	Happy Hour for PanPuri Facial	20% off
	17:00 - 18:00	Sound Meditation **	25.00/ person
<b>TUESDAY</b>	8:00 - 8:45	Sun Salutation & Asanas *	complimentary
	10:00 - 14:00	Happy Hour for PanPuri Facial	20% off
	14:00 - 14:45	Manual Stretching **	complimentary
<b>WEDNESDAY</b>	8:00 - 8:45	Ashtanga Yoga *	complimentary
	10:00 - 14:00	Happy Hour for PanPuri Facial	20% off
	13:00 - 14:00	Lady DIY Hammam **	25.00/ person
	15:00 - 16:00	Gentleman DIY Hammam **	25.00/ person
<b>THURSDAY</b>	17:00 - 18:00	Sound Meditation **	25.00/ person
	8:00 - 8:45	Hatha Yoga *	complimentary
	10:00 - 14:00	Happy Hour for PanPuri Facial	20% off
	17:00 - 17:45	Pranayam Breathing *	complimentary
<b>FRIDAY</b>	8:00 - 8:45	Manual Stretching *	complimentary
	10:00 - 14:00	Happy Hour for PanPuri Facial	20% off
	14:00 - 14:45	Pranayam Breathing *	complimentary
	17:00 - 18:00	Sound Meditation **	25.00/ person
<b>SATURDAY</b>	8:00 - 8:45	Yoga for Beginner *	complimentary
	10:00 - 14:00	Happy Hour for PanPuri Facial	20% off
	17:00 - 17:45	Yoga Nidra *	complimentary
<b>SUNDAY</b>	10:00 - 14:00	Happy Hour for PanPuri Facial	20% off
	13:00 - 14:00	Ladies DIY Hammam **	25.00/ person
	15:00 - 16:00	Gentleman DIY Hammam **	25.00/ person
	17:00 - 18:00	Sound Meditation **	25.00/ person

\*A max of 10 pax | \*\*A min of 4 pax

The schedule is subject to change.

Prices in USD, included service charge & GST.

Please contact our Spa (dial "3") for reservations.