

**Information:**

**Meal time:**

Breakfast:	7.30am	–	10am
Light Lunch:	12am	–	1.30pm
Afternoon snack:	3pm	–	5pm
Dinner:	6.30pm	–	8pm

**Opening times:**

Wellness & Pool Area:	7am	–	10pm
Sauna Area:	10am	–	9pm

**Symbols:**

- ☯ YOGA
- 🌀 MEDITATION
- 🚶 WALKING
- ★ SPORT
- ♥ LIFESTYLE

# Activity- & Relaxing program

12 February to 18 February 2024

Something to think about...

The mind is everything.  
What you THINK -  
you BECOME.  
(Buddha)

# SUNRISING MY soul

VISIT US ON



AYURVEDA RESORT  
MANDIRA

A VISION BECOMES REALITY



### MONDAY, 12 February 2024

- 8am: 🧘 **Yoga in the morning**  
In the yoga studio (Duration: 50 mins)  
*Start your day full of energy*
- 11.30am: ★ **Aquafit**  
In the thermal pool (Duration: 20 mins)
- 5pm: 🧘 **Yoga in the evening**  
In the yoga studio (Duration: 50 mins)  
*Let go and start relaxed into your evening*

### TUESDAY, 13 February 2024

- 8am: 🧘 **Yoga in the morning**  
In the yoga studio (Duration: 50 mins)  
*Start your day full of energy*
- 11.30am: 🧘 **Soft Yoga**  
In the yoga studio (Duration: 25 mins)  
*Find tranquility in every posture*  
*(Also possible for our cure guests on the ghee days)*
- 5pm: 🧘 **Yoga in the evening**  
In the yoga studio (Duration: 50 mins)  
*Let go and start relaxed into your evening*

### WEDNESDAY, 14 February 2024

- 8am: 🧘 **Yoga in the morning**  
In the yoga studio (Duration: 50 mins)  
*Start your day with ease*
- 11.30am: ★ **Aquafit**  
In the thermal pool (Duration: 20 mins)
- 1.45pm: ❤️ **Infopoint: For your booked Ayurveda cure**  
In the convention room (duration: 15 mins)  
*Information for your Ayurveda days*
- 5pm: 🧘 **Yoga in the evening**  
In the yoga studio (Duration: 50 mins)  
*Let go and start relaxed into your evening*

### THURSDAY, 15 February 2024

- 8am: 🧘 **Yoga in the morning**  
In the yoga studio (Duration: 50 mins)  
*Start your day full of energy*
- 11.30am: 🧘 **Soft Yoga**  
In the yoga studio (Duration: 25 mins)  
*Find tranquility in every posture*  
*(Also possible for our cure guests on the ghee days)*
- 5pm: 🧘 **Yoga in the evening**  
In the yoga studio (Duration: 50 mins)  
*Let go and start relaxed into your evening*
- 7pm: 🧘 **Meditation**  
In the yoga studio (Duration: 50 mins)

All offers from the activity & relaxation program can be used free of charge during your stay.

Please notice that the number of participants in our yoga classes is limited.

Please sign in the list at our spa reception.

If it's not possible for you to join the class, please cancel your reservation in time.

### FRIDAY, 16 February 2024

- 8am: 🧘 **Yoga in the morning**  
In the yoga studio (Duration: 50 mins)  
*Start your day full of energy*
- 11.30am: 🧘 **Soft Yoga**  
In the yoga studio (Duration: 25 mins)  
*Find tranquility in every posture*  
*(Also possible for our cure guests on the ghee days)*
- 1.45pm: ❤️ **Infopoint: For your booked Ayurveda cure**  
In the convention room (duration: 15 mins)  
*Information for your Ayurveda days*
- 5pm: 🧘 **Yoga in the evening**  
In the yoga studio (Duration: 50 mins)  
*Let go and start relaxed into your evening*

### SATURDAY, 17 February 2024

- 8am: 🧘 **Yoga in the morning**  
In the yoga studio (Duration: 50 mins)  
*Start your day full of energy*
- 5pm: 🧘 **Yoga in the evening**  
In the yoga studio (Duration: 50 mins)  
*Let go and start relaxed into your evening*

### SUNDAY, 18 February 2024

- 8am: 🧘 **Yoga in the morning**  
In the yoga studio (Duration: 50 mins)  
*Start your day full of energy*
- 11.30am: ★ **Aquafit**  
In the thermal pool (Duration: 20 mins)
- 5pm: 🧘 **Yoga in the evening**  
In the yoga studio (Duration: 50 mins)  
*Let go and start relaxed into your evening*