



ULAMAN
ECO LUXURY RESORT

Schedule of Daily Healing & Wellness Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 – 07.30	Sunrise Meditation		Sunrise Meditation		Sunrise Meditation		
08.00 – 09.00	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga	Morning Yoga
10.30 – 11.15	Aqua Stretching		Aqua Stretching		Aqua Stretching		
10.30 – 12.00		Alu Trekking		Alu Trekking		Alu Trekking	
11.00 – 12.00	Balinese Offerings	Balinese Offerings	Balinese Offerings	Balinese Offerings	Balinese Offerings		
14.00 – 15.15	Sound Healing Journey	Sound Healing Journey	Sound Healing Journey	Sound Healing Journey	Sound Healing Journey	Sound Healing Journey	Sound Healing Journey
17.00 – 18.00	Sunset Yoga		Sunset Yoga	Sunset Yoga	Sunset Yoga	Sunset Yoga	

Advance bookings are recommended. Please contact the reception to reserve your spot.