

# Gaia Activities Schedule

	SAMPLE WEEK						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 am	Yoga	Pilates	Yoga	Mindful Labyrinth Walk	Yoga	Yoga	Yoga
9.15 am		Forage Tour					
8am - 10am	Breakfast in Kukura House						
10 am / 10.15 am	Functional Weights	Qi Gong	Cooking Class	Stretch for Life	Into the Heart Cacao Ceremony	Pilates	Nature Weaving
11.15 am	Pamper Time						
12.30 pm - 1.30 pm	Lunch in Kukura House						
1.30 pm - 5.15 pm	Pamper Time						
4.45 pm			Firepit Weather Dependent		Firepit Weather Dependent		Firepit Weather Dependent
5.30 pm	Inner Harmony	Yin Yoga	Breath of Bliss	Yoga	World Dance Rhythms	Sound Healing	IRest Meditation
6.30 pm - 8.30pm	Dinner in Kukura House						
	All activities are optional. Meet at Kukura House five minutes prior to class start time. Please note, all classes are subject to change and also available as personalised private sessions... bookings through the Day Spa.						