

Healthy Holiday Schedule and Description

08.15h	Program introduction / daily get together & fresh juice
09.00h	Healthy breakfast
10.15h	Fitness activity at Atmanjai (except Wednesday when we do beach training) & fresh juice or smoothie
13.00h	Healthy lunch
16.30h	Optional activities
Between 18.00 - 21.00h	Daily massage
19.00h	Healthy dinner
Before bedtime	Supplements (magnesium, vitamin c and probiotics)

Program Introduction:

On the first day of the program our coordinator will do a health / fitness assesment with you including:

- Weight mobility test
- Body mass index measurement
- Posture analysis

Daily Massage:

Please book in advance with our program coordinator. The massage room is located near the gym at Serenity on the ground floor.

Morning Fitness Activities Include:

- Suspension training
- Beach training
- Primal movements
- Thai boxing
- High intensity interval training
- Core strengthening

Optional Afternoon Fitness Activities Include:

- Aqua Fit
- Cardio
- Mountain Bike Excursion
- Weights
- Yoga
- Free Time

Remarks:

- All meals include drinking water
- There are no activities on the day of arrival and departure