

A PERSONALISED WHOLEBEING EXPERIENCE

Planned in line with *Nature's Rhythms*, by our dedicated *Wellbeing Guru*



EXAMPLE DAY

RISE

Light Healthy Breakfast Snack |
WholeBody Vinyasa Flow Yoga |
Conscious Breathwork | Sensorium
Yoga Studio

REALIGN

Harvest Brunch | In the Gardens
Kinesiology | Sensorium Spa

REFLECT

Tai Chi | 5 Elements
Garden
Rasul Mud Ritual |
Sensorium Spa

REST

Massage | Sensorium Spa
Dinner | Villa
Sound Journey | Sanctuary Sound
Studio

WHOLE AWARENESS

pre-arrival

WHOLE BEING

sanctuary stay

WHOLE LIVING

integration