



JIWA SPA

## WET WEATHER ACTIVITIES

### MORNING ACTIVITIES

#### YOGA CLASS

*Baris Room | 08.00 – 09.30*

Integrate mind, body & spirit, enlighten oneness, with the universe and reduce stress at IDR 135,000 ++/person

#### ECO PRINTING CLASS

*Baris Room | 10.00 – 11.00*

The eco-printing technique on fabric brought out their natural pigments, curating a tailor-made art experience with diverse patterns for each result.

#### MEDITATION CLASS

*Baris Room | 11.30 – 12.30*

Practicing of quieting, be stilling and emptying the mind of mundane and idle thoughts and Developing a sense of calm, clarity and serenity.

### AFTERNOON ACTIVITIES

#### INTRODUCTORY YOGA

*Baris Room | 14.00 – 15.00*

Traditional series of yoga poses practiced in a continuous, flowing motion in coordination with the breath.

#### RAINY DAY IN TRANQUILLITY

*Jiwa Spa\* | 15.00 – 16.30*

Treat your body with the perfect of 90 minutes of spa combination of natural beauty facial and get superb massage with warm sand pouches melt away any muscle tension, allowing the body to truly let go and achieve a sense of balance.

Jiwa Spa Special Rainy Day price at IDR 1,200,000++/person

#### STRETCHING CLASS

*Baris Room | 17.00 – 17.30*

Stretching exercises to relieve stress and tension and improve flexibility.

\*) required booking in advance

For more information, please dial Tennis Court Ext 64121

