ACTIVITY CALENDAR

Enjoy our mindful activities for wellbeing, or immerse in meaningful cultural experiences
Special Hoi An rituals will be updated according to moon calendar and other activities updated weekly

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-06:45	Guided Bicycle Trail	Guided Bicycle Trail	Guided Bicycle Trail	Guided Bicycle Trail	Guided Bicycle Trail	Guided Bicycle Trail	Guided Bicycle Trail
07:00-07:45	Poolside Tai Chi	Poolside Tai Chi	Poolside Tai Chi	Poolside Tai Chi	Poolside Tai Chi	Poolside Tai Chi	Poolside Tai Chi
07:00-08:45	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow	Yang Yoga Flow
10:30-11:00	Herb Garden Walk	Herb Garden Walk	Herb Garden Walk	Herb Garden Walk	Herb Garden Walk	Herb Garden Walk	Herb Garden Walk
11:00-12:00	Kids Eco Crafting	Kids Eco Crafting	Kids Eco Crafting	Kids Eco Crafting	Kids Eco Crafting	Kids Eco Crafting	Kids Eco Crafting
14:30-15:30	Family Yoga	Family Yoga	Family Yoga	Family Yoga	Family Yoga	Family Yoga	Family Yoga
16:00-16:45	Yin Stretch & Breathe	Yin Stretch & Breathe	Yin Stretch & Breathe	Yin Stretch & Breathe	Yin Stretch & Breathe	Yin Stretch & Breathe	Yin Stretch & Breathe
17:00-17:20	Silent Mindful Walk	Silent Mindful Walk	Silent Mindful Walk	Silent Mindful Walk	Silent Mindful Walk	Silent Mindful Walk	Silent Mindful Walk
17:30-18:30	Sundown River Cruise	Sundown River Cruise	Sundown River Cruise	Sundown River Cruise	Sundown River Cruise	Sundown River Cruise	Sundown River Cruise
20:00-20:45	Yoga Sleep Session	Yoga Sleep Session	Yoga Sleep Session	Yoga Sleep Session	Yoga Sleep Session	Yoga Sleep Session	Yoga Sleep Session