

Holiday Wellness

DECEMBER 20 - JANUARY 3

For inquiries, Call our Spa Desk at +1.264.497.6111
or email Spa@Malliouhana.com

FRI 12/20	SAT 12/21
Sunrise Yoga 7 AM	Total Body Workout 8:15 AM
Malli Step Fusion 9 AM	

SUN 12/22	MON 12/23	TUE 12/24	WED 12/25	THU 12/26	FRI 12/27	SAT 12/28
Tropical Flex & Flow Class 9 AM	Sunrise Yoga 7 AM	Total Body Workout 8:15 AM	Sunrise Yoga 7 AM	Total Body Workout 8:15 AM	Sunrise Yoga 7 AM	Total Body Workout 8:15 AM
Chakra, Reiki & Crystal Healing \$60++ PP 10:30 AM	Malli Step Fusion 9 AM	Meditate & Make 2 PM		Blissful Brews & Mindful Art Journaling \$25++ PP 5 PM	Malli Step Fusion 9 AM	Sunset Breaths & Juice Blends \$40++ PP 5 PM
	Tai Chi \$40++ PP 5 PM			Sound Explore \$55++ PP 5 PM		

SUN 12/29	MON 12/30	TUE 12/31	WED 01/01	THU 01/02	FRI 01/03
Tropical Flex & Flow Mobility 9 AM	Sunrise Yoga 7 AM	Total Body Workout 8:15 AM	Sunrise Yoga 7 AM	Total Body Workout 8:15 AM	Sunrise Yoga 7 AM
Emotional Freedom Technique \$100 ++ PP 10:30 AM	Malli Step Fusion 9 AM	Blissful Brews & Art Journaling \$25++ PP 5 PM			Malli Step Fusion 9 AM
Chakra, Reiki & Crystal Healing Meditation \$60++ PP 2 - 3 PM	Sound Explore \$55++ PP 5 PM				

Sunrise Yoga (C)

Refocus and re-center with an early morning yoga session while admiring iconic views.

Malliouhana Bluff

Total Body Workout (C)

Start the day energized with this robust morning workout.

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Tropical Flex Mobility (C)

Recharge the body, release tension and promote mobility in this stretching class.

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Malli Step Fusion (C)

The perfect blend of traditional step aerobics with rhythmic inspired moves to tone muscles and boost body balance.

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Chakra, Reiki & Crystal Healing Meditation

Balance your flow of energy and promote healing through touch whilst amplifying spiritual energy and focus.

Malliouhana Bluff

Emotional Freedom

Experience a tapping therapy for emotional healing. (180 mins)

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Tai Chi

Discover slow, meditative movements that promote body and mind balance.

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Sound Explore

Listen to the gentle sounds of crystal bowls releasing waves of energy that encourage inner peace.

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Blissful Brews & Art Journaling

Indulge in a selection of calming teas and let your creativity flow with guided mindful journaling.

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Sunset Breaths & Juice Blends

Guided breath work followed by crafted blended juices to refresh and nourish the body.

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Meditate & Make

Guided Meditation which transitions to a creative workshop for bracelet making, body bars, etc.

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(C) - Complimentary for Malliouhana guests. Non-resort guests: \$55++ PP
All prices are in USD and subject to 13% GST + 17% service charges.