

SALTY PELICAN YOGA & ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 AM	NO YOGA SCHEDULED	MORNING YOGA with MEDITATION	MORNING YOGA with MEDITATION	MORNING YOGA with MEDITATION	MORNING YOGA with MEDITATION	MORNING YOGA with MEDITATION	MORNING YOGA with MEDITATION
08:30 AM		YOGA CLASS - Peak Season - when 1st class is full At management's discretion only	YOGA CLASS - Peak Season - when 1st class is full At management's discretion only	YOGA CLASS - Peak Season - when 1st class is full At management's discretion only	YOGA CLASS - Peak Season - when 1st class is full At management's discretion only	YOGA CLASS - Peak Season - when 1st class is full At management's discretion only	YOGA CLASS - Peak Season - when 1st class is fo At management' discretion only
10:00 AM	SURF LESSONS SCHEDULED DAILY BETWEEN 10:00 AM AND 16:00 PM (*DEPENDING ON SEASON & CONDITONS)						
13:00 PM	UDAWALAWE ELEPHANT SAFARI TOUR			UDAWALAWE ELEPHANT SAFARI TOUR			
16:30 PM	NO YOGA SCHEDULED	YIN YOGA with MEDITATION	YIN YOGA with MEDITATION	NO YOGA SCHEDULED	YIN YOGA with MEDITATION	YIN YOGA with MEDITATION	YIN YOGA with MEDITATIOI
17.30 FIVI	GROUP DINNER TROPICAL TEMPTATIONS		GROUP DINNER AYURVEDIC BBQ		GROUP DINNER AYURVEDIC CURRY DINNER		GROUP DINNER SEAFOOD & VEGGIE BBQ

HATHA FLOW DEC & JAN SAFARI TOUR YIN YOGA * Sample schedule for guidance only: Please check times daily, as times do change over the seasons