



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 full At management's 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 MEDITATION
19:30 PM	GROUP DINNER TROPICAL TEMPTATIONS			GROUP DINNER AYURVEDIC BBQ			GROUP DINNER SEAFOOD & VEGGIE BBQ