



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
10:00 AM	SURF LESSONS SCHEDULED DAILY BETWEEN 10:00 AM AND 16:00 PM (*DEPENDING ON SEASON & CONDITONS)						
11:00 AM	NO YOGA SCHEDULED	FUNCTIONAL MOVEMENT YOGA <i>*Class structure varies each session</i>	FUNCTIONAL MOVEMENT YOGA <i>*Class structure varies each session</i>	FUNCTIONAL MOVEMENT YOGA <i>*Class structure varies each session</i>	FUNCTIONAL MOVEMENT YOGA <i>*Class structure varies each session</i>	FUNCTIONAL MOVEMENT YOGA <i>*Class structure varies each session</i>	FUNCTIONAL MOVEMENT YOGA <i>*Class structure varies each session</i>
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	TRADITIONAL SRI LANKAN COOKING CLASS	YIN YOGA with MEDITATION	YIN YOGA with MEDITATION	YIN YOGA with MEDITATION
19:30 PM	GROUP DINNER TRADITIONAL HOPPERS			GROUP DINNER AYURVEDIC BBQ	GROUP DINNER AYURVEDIC CURRY DINNER		

HATHA FLOW
 EXTRA CLASS
 ACTIVITIES
 YIN YOGA

* Sample schedule for guidance only: Please check times daily, as times do change over the seasons