

**SCHEDULE FOR" RESTORING STRENGTH & MOBILITY FOR VITALITY"WITH MAY PHUA**

DATE	16-Dec-22	17-Dec-22	18-Dec-22	19-Dec-22
DAY	Friday	Saturday	Sunday	Monday
COURSE DAY	ARR			DEP
	1	2	3	8
8:00 9:30	Arrival	"Back to Basics"	"Mobility 101"	" Optimal Muscle Engagement"
9:30 10:30		Breakfast	Breakfast	Breakfast
10:30 12:00		Massage /Free & Easy	Massage/Free & Easy	Closing Circle 10:30 - 11:30
12:00 13:30		Lunch	Lunch	Lunch
13:30 15:00		Massage/ Free & Easy	Massage/Free & Easy	Checkout
15:00 17:00		"Moving Consciously"	" Functional Mobility"	
17:00 19:00	Welcome & Opening Circle 18.00 - 19:00	Yoga Class/ Massage/ Free & Easy	SUP YOGA	
19:00 20:30	Welcome Dinner	Dinner	Farewell Dinner	
20:30	Free & Easy	Samui Night Market	Free & Easy	