

## Pilates & Yoga retreat at Azerai Can Tho Itinerary 21<sup>st</sup> to 24<sup>th</sup> April

### Day 1:

- 12:00                      Arrival at Azerai Can Tho  
Check-in followed by a 30' Arrival Massage (Foot or Head & Shoulder massage)
- Afternoon                Posture Analysis with Ms Amy (Individual)  
Free and Easy, enjoy the resort at your leisure
- 17:30                      Light Stretching Class

### Day 2:

- 7:00                        Pre-breakfast served in room based on super food, fresh fruits, and juice
- 7:30                        Pilates on mats under the banyans or inside Yoga Pavilion
- 9:00                        Breakfast at the Café  
Enjoy the resort at your leisure
- 13:00                      Pilates on reformer at our Pilates studio with Ms. Amy
- 17:00                      Sunset Guided Meditation with Dr. Shekhar  
60-minute Spa therapy  
Enjoy the resort at your leisure

### Day 3:

- 7:00                        Pre-breakfast served in room based on super food, fresh fruits, and juice
- 7:30                        Pilates on reformer at our Pilates studio with Ms. Amy
- 9:00                        Breakfast at the Café
- 13:30                      Hatha Yoga session under the banyans or inside Yoga Pavilion
- 17:30                      Pilates on mats under the banyans or inside Yoga Pavilion  
60 minute Spa therapy  
Enjoy the resort at your leisure

### Day 4:

- 7:00                        Pre-breakfast served in room based on super food, fresh fruits and juice
- 7:30                        Departure Pilates session on mats under the banyans or inside Yoga Pavilion
- 9:00                        Breakfast at the Café  
Enjoy the resort at your leisure
- 14:00                      Afternoon departure