

# DAILY ACTIVITY LIST

## Monday

### 10.00AM OR 5.00PM JUNGLE WALK

A 20-minute 600m nature walk

### 3.00PM HERITAGE WALK

Explore the Heritage of Ipoh with a walk through some of the town's historic streets: Belfield Street, Jalan Mesjid(Home Street) and a visit to the original Ipoh Old Town White Coffee Café

### 5.00PM YOGA CLASS

30 to 45 minute Hatha Yoga and Pranayama Class with our Director of Spa, Dr. Rejith Daniel

## Tuesday

### 10.00AM OR 5.00PM JUNGLE WALK

A 20-minute 600m nature walk

### 5.00PM YOGA CLASS

30 to 45 minute Hatha Yoga and Pranayama Class with our Director of Spa, Dr. Rejith Daniel



## Wednesday

### 10.00AM OR 5.00PM JUNGLE WALK

A 20-minute 600m nature walk

### 2.00PM VISIT POMELO FARM

Short tour of the Pomelo Farm in Tambun

### 5.00PM YOGA CLASS

30 to 45 minute Hatha Yoga and Pranayama Class with our Director of Spa, Dr. Rejith Daniel



## Thursday

### 10.00AM OR 5.00PM JUNGLE WALK

A 20-minute 600m nature walk

### 3.00PM HERITAGE WALK

Explore the Heritage of Ipoh with a walk through some of the town's historic streets: Belfield Street, Jalan Mesjid(Hume Street) and a visit to the original Ipoh Old Town White Coffee Café

### 5.00PM YOGA CLASS

30 to 45 minute Hatha Yoga and Pranayama Class with our Director of Spa, Dr. Rejith Daniel

## Friday

### 10.00AM OR 5.00PM JUNGLE WALK

A 20-minute 600m nature walk

### 2.00PM VISIT POMELO FARM

Short tour of the Pomelo Farm in Tambun

### 5.00PM YOGA CLASS

30 to 45 minute Hatha Yoga and Pranayama Class with our Director of Spa, Dr. Rejith Daniel



## Saturday

### 8.00AM TAI CHI CLASS

60-minute Chinese martial art and meditative exercise designed to promote relaxation, overall balance and health.

### 10.00AM OR 5.00PM JUNGLE WALK

A 20-minute 600m nature walk

### 5.00PM YOGA CLASS

30 to 45 minute Hatha Yoga and Pranayama Class with our Director of Spa, Dr. Rejith Daniel

### 6.00PM COCKTAIL @ YOGA DECK

Cocktails hosted by General Manager

## Sunday

### 8.00AM YOGA CLASS

30 to 45 minute Hatha Yoga and Pranayama Class with our Director of Spa, Dr. Rejith Daniel

### 10.00AM OR 5.00PM JUNGLE WALK

A 20-minute 600m nature walk

### 3.00PM HERITAGE WALK

Explore the Heritage of Ipoh with a walk through some of the town's historic streets: Belfield Street, Jalan Mesjid(Hume Street) and a visit to the original Ipoh Old Town White Coffee Café

### 5.00PM YOGA CLASS

30 to 45 minute Hatha Yoga and Pranayama with our Director of Spa, Dr. Rejith Daniel

## ACTIVITY ETIQUETTE

- Allow 5-10mins ample time before starts of each activity
- Gather at The Pomelo Restaurant for Jungle Walk activity
- 24hrs advance booking is require for Heritage Walk activity (*maximum 6 persons only, first come first serve basis*)
- Kindly dial "1" for assistance



A MEMBER OF SUNWAY GROUP