

A woman with long dark hair, wearing a blue patterned dress, is smiling and holding a drink with a rose garnish. She is standing in front of a tree with thick branches. The background is a soft-focus outdoor setting with greenery and a hint of a sunset or sunrise sky. The entire image is overlaid with a semi-transparent white rectangle containing text.

LIVE FOR
THE
Present

November Calendar



Sound Healing

November 02nd

5:45 pm - 6:15 pm

At Yoga Studio

Listen to your heart and the sounds of the wind
in our meditation space.

Included in your stay
Please register at Front Desk



Mocktails lesson

November 03rd

3:00 pm - 3:30 pm

At Sol Terrace Bar

Mix It Up: Create Your Own
Refreshing Mocktails.

Included in your stay
Please register at Front Desk



Aromatherapy Session

November 06th

11:30 pm - 12:00 pm

At Spa Living Room

Learn how to connect your body and soul with our essences and aromatic oils.

Included in your stay
Please register at Front Desk



Mocktails lesson

November 09th

3:00 pm - 3:30 pm

At Sol Terrace Bar

Mix It Up: Create Your Own
Refreshing Mocktails.

Included in your stay
Please register at Front Desk



Drink and Shop

November 10th

3:00 pm - 5:00 pm

At Galana Store

Included in your stay
Please register at Front Desk



Reflexology Session

November 15th

11:30 am - 12:00 pm

At Spa Living Room

Is time to learn about marma point for De-stress.

Included in your stay
Please register at Front Desk



Mocktails lesson

November 16th

3:00 pm - 3:30 pm

At Sol Terrace Bar

Mix It Up: Create Your Own
Refreshing Mocktails.

Included in your stay
Please register at Front Desk



Drink and Shop

November 17th

3:00 pm - 5:00 pm

At Galana Store

Included in your stay
Please register at Front Desk

A person is meditating in a lotus position on a large, light blue, textured cushion. They are wearing a light blue long-sleeved shirt and dark pants. Their hands are resting on their knees in a mudra. The background features two tall, purple geode pillars on a light-colored stone wall. A semi-transparent white text box is overlaid on the center of the image.

Self Massage Class

November 20th

11:30 am - 12:00 pm

At Yoga Studio

Learn the art of healing & self-love with
ayurvedic short massage.

Included in your stay
Please register at Front Desk



Sound Healing

November 21th

5:30 pm - 6:00 pm

At Yoga Studio

Listen to your heart and the sounds of the wind
in our meditation space.

Included in your stay
Please register at Front Desk



Guided Nature Hike

November 22th

8:45 am - 10:00 am

Quartz Mountain

Included in your stay
Please register at Front Desk



Drink and Shop

November 23th

3:00 pm - 5:00 pm

At Galana Store

Included in your stay
Please register at Front Desk

A woman is lying on a massage table, her back to the camera. She has a large pink flower tucked into her dark hair. The background is a light-colored wooden wall. The entire scene is overlaid with a semi-transparent white rectangular box containing text.

*Power of Crystals
Session*

November 24th

12:00 pm - 12:30 pm

At Spa Living Room

Learn how to use the crystal in your heart and
soul.

Included in your stay
Please register at Front Desk

A photograph of a boutique interior. In the foreground, there are wooden clothing racks filled with various garments, including a floral patterned dress on the left and several white blouses in the center. The background shows more clothing racks and a wooden bench. A semi-transparent white rectangular box is overlaid in the center of the image, containing text.

Earth wear

November 25th

05:30 pm - 05:30 pm

At Galana Boutique

Lear about the benefits of ecofriendly clothing

Included in your stay
Please register at Front Desk



Guided Nature Hike

November 26th

8:45 am - 10:00 am

Quartz Mountain

Included in your stay
Please register at Front Desk



Skin Alchemy

November 27th

11:30 am - 12:00 pm

At Spa Living Room

Learn about skincare rounting with a natural
products

Included in your stay
Please register at Front Desk



Mocktails lesson

November 29th

3:00 pm - 3:30 pm

At Sol Terrace Bar

Mix It Up: Create Your Own
Refreshing Mocktails.

Included in your stay
Please register at Front Desk