



LIVE FOR  
THE  
*Present*

April Calendar

A person is lying on their back on a massage table, covered with a white sheet. Their hair is tied up with a large pink flower. Their back is covered with a generous amount of small, clear crystals. The background is a warm, wooden wall.

# *Power of Crystals Session*

April 07th

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



*Make It Stylish*

April 10th

**All Day**

At Galana Store

**15% Discount**

Included in your stay  
Please register at Front Desk



# *Self Massage Class*

April 11th

10:30 am - 11:00 am

At Spa Living Room

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

Included in your stay  
Please register at Front Desk

A person is seen from behind, sitting in a yoga pose (likely a variation of Bhujangasana or a similar backbend) on a lush green lawn. They are wearing a dark-colored sports bra and patterned leggings. The background features a clear blue sky, distant hills, and a body of water (the ocean) visible on the right side. There are some green plants and flowers in the foreground and midground.

# *Balance is the Key*

April 12th

6:00 pm - 6:30 pm

At Spa Living Room

"Mindful Wellness: Integrating Body,  
Mind, and Spirit"

Included in your stay  
Please register at Front Desk



# *Mocktails lesson*

April 13th

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

A woman with long, wavy brown hair is sitting in a lotus yoga position on a light-colored wooden floor. She is wearing a grey patterned crop top and matching leggings. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a bright, airy room with large windows and a white ceiling with recessed lighting. A semi-transparent white rectangle is overlaid on the image, containing text.

# *Self love Workshop*

April 15th

6:00 pm - 6:30 pm

At Spa Living Room

Learn about the wisdom of the body.

Included in your stay  
Please register at Front Desk



# *Sound Healing*

April 16th

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



# *Soorya Namaskar*

April 17th

5:30 pm - 6:15 pm

At Yoga Studio

Learning about a series of  
12 yoga poses and its benefits

Included in your stay  
Please register at Front Desk

The background of the image is a modern interior space, likely a hotel lobby or a boutique. It features a large glass wall on the left and right sides, with a white table and a blue dress on a mannequin in the center. The floor is made of light-colored wood, and the ceiling has recessed lighting. The overall atmosphere is clean and contemporary.

*Make It Stylish*

April 18th

**All Day**

At Galana Store

**15% Discount**

Included in your stay  
Please register at Front Desk



# *Pranayama*

April 19th

5:30 pm - 6:00 pm

Yoga Studio

Learning about breathing techniques and its  
important

Included in your stay  
Please register at Front Desk



# *Healthy Juices Class*

April 22th

3:00 pm - 3:30 pm

At Main Kitchen

Revitalizing Your Body One Sip at a Time

Included in your stay  
Please register at Front Desk

A background image showing a person receiving a facial treatment. A hand is visible holding a white brush, applying product to the person's face. In the upper right, a hand holds a golden singing bowl. The person has dark hair with purple flower clips and is wearing a silver ring.

# *Skin Alchemy*

April 25th

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*

April 26th

03:00 pm - 03:30 pm

At Sol Terrace Bar

Mix It Up: Create Your Own  
Refreshing Mocktails.

Included in your stay  
Please register at Front Desk

A person with brown hair tied back, wearing a large pink flower in their hair, is lying on a massage table. The background is a warm, wooden wall. The text is overlaid on a semi-transparent white rectangle.

# *Power of Crystals Session*

April 27th

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 person is seen from behind, sitting in a yoga pose (likely a variation of Bhujangasana or a similar backbend) on a lush green lawn. They are wearing a dark-colored sports bra and patterned leggings. The background features a clear blue sky, distant hills, and a body of water (the ocean) visible on the right side. There are some green plants and flowers in the foreground and midground.

# *Balance is the Key*

April 28th

6:00 pm - 6:30 pm

At Spa Living Room

"Mindful Wellness: Integrating Body,  
Mind, and Spirit"

Included in your stay  
Please register at Front Desk



# *Pranayama*

April 30th

5:30 pm - 6:00 pm

Yoga Studio

Learning about breathing techniques and its  
important

Included in your stay  
Please register at Front Desk