



# GLOBAL WELLNESS DAY AT THE NATURE'S PLAYGROUND



**14th June 2025**

Today is a global reminder to pause, reflect, and reconnect—with ourselves, with nature, and with our well-being. Embrace this special day as a meaningful step on your journey toward balance, vitality, and inner peace.

At Niyama we've curated a soul-nourishing lineup of wellness experiences to help you feel grounded, energized, and inspired.

GLOBAL  
WELLNESS  
DAY®

## **SUNRISE YOGA & PRANAYAMA**

Time: 6:15 am – 7:00 am

Venue: Crescent Beach

Begin your day in harmony with nature. As the sun rises over the ocean, flow through a gentle yoga and breathwork session designed to awaken your body and calm your mind. Afterward, enjoy a refreshing coconut drink, the perfect tropical touch to your serene morning.

## **BEACH HIIT CLASS**

Time: 9:15 am – 10:00 am

Venue: PUMP

Feel the earth beneath your feet and the ocean breeze on your skin as you power through a dynamic high-intensity interval training session. Led by our expert instructor, this class will boost your energy, build strength, and leave you feeling empowered.

## **UNDERWATER YOGA & MEDITATION**

Time: 4:30 pm – 5:45 pm

Venue: Subsix

Descend into a world of calm beneath the sea. Surrounded by the tranquil beauty of the underwater world, this unique yoga and breathwork session invites deep mindfulness and inner stillness. Afterward, revitalize with our Beet Cleanse Therapeutic Juice, a natural anti-inflammatory elixir to refresh your body and spirit.

## **SUNSET YOGA**

Time: 5:45 pm – 6:30 pm

Venue: Surf Shack

Close your day with grace and gratitude. As the sun dips below the horizon, join our group session to stretch, breathe, and reflect. Let the golden light and ocean sounds guide you into a state of peaceful presence.

**Please note that Yoga activities are subject to weather conditions and may be rescheduled or adjusted accordingly.**

**For more information, please [click here](#).**