

WORLD MENTAL HEALTH DAY 2024

A PATH TO MINDFULNESS



Date: Thursday, 10th October 2024

Time: As from 6:00 p.m

Venue: Yoga Pavilion at Surf Shack

In celebration of **World Mental Health Day**, join us for our regular sunset yoga, open to all levels. On this special day, we're enhancing the experience with calming pranayama and the soothing sounds of Tibetan singing bowls, complemented by healthy refreshments.

Discover the transformative power of holistic wellness with our Resident Practitioner. Whether you're unwinding from a long journey or looking to relax during your stay, our session is designed to restore balance and rejuvenate your well-being.

- **Sunset Yoga :** Gentle stretches to unwind and de-stress as the sun sets.
- **Pranayama:** Breathing techniques to reduce stress and improve mindfulness.
- **Tibetan Singing Bowls:** Experience deep relaxation and balanced energy.
- **Healthy Refreshments:** Enjoy revitalising drinks and nourishing canapés crafted to energise and refresh.

Take a moment to rejuvenate your mind and body in the serene embrace of Nature's Playground.



Limited slots are available and advance booking is required.
Please contact your Thakuru or visit Drift Spa to secure your place.