

# GLOBAL WELLNESS DAY®



## A CELEBRATION OF MINDFUL JOY

SATURDAY 13<sup>TH</sup> JUNE 2026

### 08.00 GRATITUDE

#### AQUA YOGA & FLOATING MEDITATION

Gentle movement on water followed by a calming floating meditation to encourage presence.

### 11.00 CREATIVITY

#### DIY MINI FACE POULTICE WORKSHOP

A hands-on session creating natural face poultices to inspire creativity and self-care.

### 15.00 CONNECTION

#### COUPLE STRETCHING & SOUND HEALING

A shared experience combining guided stretching and sound healing to deepen connection.

### 17.00 MOVEMENT

#### SUNSET VINYASA YOGA

A flowing sunset yoga session inspired by the ocean, bringing balance and renewal.

**#JOYMAGENTA**

For more information, please contact your Island Host or Serenity Spa.