



ANANTARA
PEACE HAVEN TANGALLE
RESORT

Complementary Activities Calendar

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am - 8.00am	Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk
7.30am - 8.30am	Sunrise Yoga	Sunrise Yoga		Sunrise Yoga		Sunrise Yoga	Sunrise Yoga
9.00am - 10.00am		Herbal Garden Dispensary		Herbal Garden Dispensary		Herbal Garden Dispensary	Herbal Garden Dispensary
10.00am - 11.00am					Orchid nursery		
11.00am - 12.00pm	Rhythmic Aqua Wellness					Rhythmic Aqua Wellness	Rhythmic Aqua Wellness
12.00pm - 2.00pm	Coconut Guru Experience	Coconut Guru Experience	Coconut Guru Experience	Coconut Guru Experience	Coconut Guru Experience		
3.00pm - 4.00pm	Ayurveda Lecture	Ayurveda Herbal Alchemy	Nature Talk At Biodiversity Centre	Nature Talk At Biodiversity Centre	Nature Talk At Biodiversity Centre	Ayurveda Lecture	Ayurveda Herbal Alchemy
3.00pm - 4.00pm						The Tea Quotheque	
4.00pm - 5.00pm	Garden Boat Ride	Garden Boat Ride	Garden Boat Ride	Garden Boat Ride	Garden Boat Ride	Garden Boat Ride	Garden Boat Ride
4.00pm - 5.00pm	Fullmoon Stretch	Fullmoon Stretch	Svasta care		Svasta care	Fullmoon Stretch	Fullmoon Stretch
4.30pm - 5.00pm					Sustainable Horticulture Practices	Sustainable Horticulture Practices	
5.00pm - 6.00pm	Sunset Yoga	Sunset Yoga		Sunset Yoga		Sunset Yoga	Sunset Yoga
6.00pm - 6.15pm	Sundown Ceremony	Sundown Ceremony	Sundown Ceremony	Sundown Ceremony	Sundown Ceremony	Sundown Ceremony	Sundown Ceremony

Please contact our Front Desk or your Resort/ Villa Host to make the advance bookings.