



WORLD WELLNESS WEEKEND 2019

21 - 22 September 2019

What is World Wellness Weekend? On the 3rd weekend of September, 2,000+ spas, salons, yoga studios, fitness clubs, sport associations in over 100 countries open their doors and invite you to discover fun and creative activities to boost your vitality, serenity, and beauty.

Anantara Tangalle is celebrating the weekend with wellness activities set in a unique setting and organised by our experienced team members at hand.

Saturday, 21 September 2019

Beach meditation | 7.00am - 7.30am

Take a deep breath and soak up the serene ambiance and let go of the troubles that trouble you!

Yoga on the beach | 7.30am - 8.30am

Stretch and reconnect with your natural flow through a series of asanas by the sea.

Aqua aerobics | 11.00am - 11.30am

Let's meet at the pool for some water therapy fun.

Life coaching session and cooking lesson with Ayurvedic Doctor | 12.00pm - 1.30pm

Balance body and mind with knowledge sessions by resident Ayurvedic Doctor and Gym Trainers. End by learning how to make a healthy Ayurvedic dish with one of our chefs.

Refresh yourself with a wellness drink for the day. | 3.00pm - 3.30pm

Meet at the poolside.

Run for fun | 4.00pm - 5.00pm

Come for an invigorating run around the resort and end the weekend right. Meet at the Yoga Pavilion

For reservations, please contact Anantara Spa at ext. 8585.

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