

Yoga, Meditation & Tai chi Schedule

Activity	Time	Place	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Sunrise Yoga	7:00~8:00	Beach/ Activity room	○	○	○	○	○	○	○
Yoga	9:00~10:00	Activity room	○	○	○	○	○	○	○
Kid Yoga	10:30~11:00	Activity room	○	○	○	○	○	○	○
Tai chi	12:00~12:30	Activity room	○	○	○	○	○	○	○
Meditation	13:00~13:30	Activity room	○	○	○	○	○	○	○
Yoga	14:00~15:00	Activity room	○	○	○	○	○	○	○
Sunset Yoga	17:00~18:00	Beach/ Activity room		○				○	

*Please make a reservation one day in advance.

*Kindly, contact Reception for more information.

*Sunrise Yoga & Sunset Yoga venue is subject to weather condition.

* Kid Yoga is for only kids (suitable for age 3 to 12 years old).

Under the age of 3 must be accompanied by a responsible adult/parent.



GRANDVRIO
Ocean Resort DANANG