

## MONDAY

**11.00am/2.00pm**

**JUNGLE WALK** with complimentary access to lost world of tambun theme park (Meeting point at lobby escorted by guide via jungle walk until the park entry) Captivate your senses to discover natural settings of Flora & Fauna, local wildlife and enjoy half of a day in Lost World of Tambun Theme park.

**3.00pm**

**\*TEMPLES VISIT**

Visit historical sites of Buddhist temples such as Kek Lok Tong & Sam Poh Tong with their own magnificent stalactites & stalagmites formations, turtle ponds, breath-taking sceneries plus beautiful gardens.

**5.00pm**

**YOGA / STRETCHING CLASS**

30 to 45 minutes Hatha Yoga and Pranayama Class.

## TUESDAY

**11.00am**

**JUNGLE WALK ONLY**

(Escorted by guide)  
Captivate your senses to discover natural settings of Flora & Fauna, and local wildlife.

**5.00pm**

**YOGA / STRETCHING CLASS**

30 to 45 minutes Hatha Yoga and Pranayama Class.

\*\*Please take note that Lost World of Tambun theme park will be closed on every Tuesday except Malaysia Public Holiday and school holiday.



## WEDNESDAY

**11.00am/2.00pm**

**JUNGLE WALK** with complimentary access to lost world of tambun theme park (Meeting point at lobby escorted by guide via jungle walk until the park entry) Captivate your senses to discover natural settings of Flora & Fauna, local wildlife and enjoy half of a day in Lost World of Tambun Theme park.

**3.00pm**

**\*VISIT POMELO FARM**

Short tour of the Pomelo Farm in Tambun.

**5.00pm**

**YOGA / STRETCHING CLASS**

30 to 45 minutes Hatha Yoga and Pranayama Class.



## THURSDAY

**8.00am**

**FITNESS CLASS @ YOGA DECK**

Our Fitness Class are an excellent way to get started on the right path to a healthy good life. Come and work out with the support of our certified fitness instructor.

**11.00am/2.00pm**

**JUNGLE WALK** with complimentary access to lost world of tambun theme park (Meeting point at lobby escorted by guide via jungle walk until the park entry) Captivate your senses to discover natural settings of Flora & Fauna, local wildlife and enjoy half of a day in Lost World of Tambun Theme park.

**3.00pm**

**\*TEMPLES VISIT**

Visit historical sites of Buddhist temples such as Kek Lok Tong & Sam Poh Tong with its own magnificent stalactites & stalagmites formation, turtle ponds, breath-taking sceneries plus beautiful gardens.

**5.00pm**

**YOGA / STRETCHING CLASS**

30 to 45 minutes Hatha Yoga and Pranayama Class.

## FRIDAY

**11.00am/2.00pm**

**JUNGLE WALK** with complimentary access to lost world of tambun theme park (Meeting point at lobby escorted by guide via jungle walk until the park entry) Captivate your senses to discover natural settings of Flora & Fauna, local wildlife and enjoy half of a day in Lost World of Tambun Theme park.

**3.00pm**

**\*VISIT POMELO FARM**

Short tour of the Pomelo Farm in Tambun.

**5.00pm**

**YOGA / STRETCHING CLASS**

30 to 45 minutes Hatha Yoga and Pranayama Class.



## SATURDAY

**8.00am**

**TAI CHI CLASS @ YOGA DECK**

60-minutes Chinese martial art and meditative exercise designed to promote relaxation, overall balance and health.

**11.00am/2.00pm**

**JUNGLE WALK** with complimentary access to lost world of tambun theme park (Meeting point at lobby escorted by guide via jungle walk until the park entry)

Captivate your senses to discover natural settings of Flora & Fauna, local wildlife and enjoy half of a day in Lost World of Tambun Theme park.

**5.00pm**

**YOGA / STRETCHING CLASS**

30 to 45 minutes Hatha Yoga and Pranayama Class.

**6.00pm**

**COCKTAIL @ YOGA DECK**

Cocktails hosted by General Manager

## SUNDAY

**8.00am**

**YOGA CLASS @ YOGA DECK**

30 to 45 minute Hatha Yoga and Pranayama Class with Health and Wellness Manager

**11.00am/2.00pm**

**JUNGLE WALK** with complimentary access to lost world of tambun theme park (Meeting point at lobby escorted by guide via jungle walk until the park entry) Captivate your senses to discover natural settings of Flora & Fauna, local wildlife and enjoy half of a day in Lost World of Tambun Theme park.

**3.00pm**

**\*HERITAGE WALK**

Explore the Heritage of Ipoh with a walk through some of the town's historical streets: Belfield Street, Jalan Masjid and a visit to the original Ipoh Old Town White Coffee Cafe

**5.00pm**

**YOGA / STRETCHING CLASS**

30 to 45 minutes Hatha Yoga and Pranayama Class.

### ACTIVITY ETIQUETTE (IMPORTANT)

- Please allow 5-10 mins ample time before the start of each activity.
- Gather at Lobby Reception (5-10mins before) for Jungle walk with complimentary access to Lost World of Tambun Theme park.
- Please register your name in Spa & Wellness Center 15 mins before 5pm for Yoga / Stretching Class.
- 24hrs advance booking is required for Activities mark with \* (*maximum 6 persons only, first come first serve basis*).
- Kindly dial "1" for assistance

