

养修活动时间表



当您预订养修轩时，
您可以选择各种简单但有影响力的健康活动。

时间	星期一	星期二	星期三	星期四	星期五	星期六	星期天
07:00 – 07:45	西溪有氧慢跑 (活力)	健康早餐限定蔬果汁 (滋养)	清晨读书随心笔记 (实践)	西溪活力骑行 (活力)	健康早餐限定蔬果汁 (滋养)	清晨读书随心笔记 (实践)	西溪活力骑行 (活力)
10:00 – 10:45	¥八段锦 (正念)	静心自在-金刚经 (成长)	鱼翔浅底(正念) · 湖光阁西餐厅	¥香篆体验 (成长)	静心自在 (成长)	¥太极拳 (正念)	¥站桩 (正念)
09:30 – 17:00	西溪湿地观鸟 (归根)	中国湿地博物馆参观 (归根)	汉服拍摄体验 (互动)	西溪湿地观鸟 (归根)	中国湿地博物馆参观 (归根)	汉服拍摄体验 (互动)	西溪湿地观鸟 (归根)
16:00 – 17:00	¥焕肤之旅 (安然)	¥西溪湿地游船 (互动)	¥宋代点茶体验 (滋养) · 白云中餐厅	¥焕肤之旅 (安然)	¥瑜伽颂钵 (安然)	¥瑜伽颂钵 (安然)	¥西溪湿地游船 (互动)

¥:收费项目(付费项目需要提前一天预约，瑜伽颂钵400元/人需要提前预付课程费)

WELLBEING ACTIVITY TIMETABLE



When you book a stay at our Wellbeing Sanctuary, you can choose a variety of simple but impactful wellbeing activities.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00am – 07:45am	Wetland Trail Jog (Movement)	Healthy Juice (Nourishment)	Morning Script (Practice)	Wetland Bike Ride (Movement)	Healthy Juice (Nourishment)	Morning Script (Practice)	Wetland Bike Ride (Movement)
10:00am – 10:45am	¥ Ba Duan Jin (Mindfulness)	Mindful Transcribing (Growth)	Feed The Fish (Mindfulness)	¥ Traditional Incense Workshop (Growth)	Mindful Transcribing (Growth)	¥ Tai Ji Boxing (Mindfulness)	¥ Power Stance Or Posture Alignment (Mindfulness)
09:00pm – 17:00pm	Wetland Birdwatching (Groundedness)	Wetland Museum Visit (Groundedness)	Han Fu Photoshoot (Connection)	Wetland Birdwatching (Groundedness)	Wetland Museum Visit (Groundedness)	Han Fu Photoshoot (Connection)	Wetland Birdwatching (Groundedness)
16:00pm – 17:00pm	¥ Spa Experience (Rest)	¥ Wetland Boating (Connection)	Song Tea Culture (Nourishment)	¥ Spa Experience (Rest)	¥ Yoga & Sound Bath (Rest)	¥ Yoga & Sound Bath (Rest)	¥ Wetland Boating (Connection)

¥: Fee-based services require booking one day in advance.
For the yoga singing bowl session (400 yuan per person), prepayment of the course fee is required.