

Sample Daily Schedule

07:00	Integrative Yoga and Meditative Breathing at Mulu Marriott Resort
08:00	Breakfast at Marriott Cafe
09:30	Forest Immersion in Mulu National Park
12:30	Lunch at Marriott Alfresco Poolside
14:00	Personal Time
15:30	Dance Exercise
17:00	AWE Signature Massage Treatment
19:00	Dinner – AWE Cuisine
20:30	Knowledge Program 21:30
	Peaceful Sleep ---Optional