

Sample Daily Schedule

06:45	Boat Journey to Clearwater Pool
07:00	Integrative Yoga and Meditative Breathing at Clearwater Pool
08:00	Swimming
08:30	Picnic Breakfast
09:00	Boat Journey back to the Mulu Marriott Resort
10:00	AWE Signature Massage Treatments
12:30	Lunch at Marriott Alfresco Poolside
13:30	Personal Time
15:30	Afternoon Tea with AWE Treats
16:00	Knowledge Program
17:00	Integrative Yoga and Meditative Breathing at Mulu Marriott Resort
19:00	Dinner – AWE Cuisine
20:30	Night Walk --- Optional
21:30	Peaceful Sleep --- Optional