

Sample Daily Schedule

06:45	Boat Journey to Wind Cave 07:00 Cliffside Walk to Clearwater Pool
08:00	Clearwater Cave Walk
08:30	Swimming and Picnic Breakfast 09:30 Boat Journey to Mulu Marriott Resort
10:00	Personal Time
12:30	Lunch at Marriott Alfresco Poolside
14:30	Aerobic and Strength Training
16:00	AWE Signature Massage Treatment
18:30	Integrative Yoga and Meditative Breathing at Mulu Marriott Resort
19:00	Dinner – AWE Cuisine
20:30	Knowledge Program
21:30	Peaceful Sleep --- Optional