



INTERNATIONAL YOGA DAY 2018. WE'RE CELEBRATING IT FOR A WEEK!

21 June 2018 will be the longest day of the year in the Northern Hemisphere and shares special significance in many parts of the world. Join this holistic approach for a better health and well-being.

Join in with our Yoga Master, Shree Ram for a sunrise yoga session to "create a union" with nature through physical movement, breathing, and meditation.

DATE: 18 - 24 JUNE 2018

TIME: 08.00AM

VENUE: STAR PLATFORM

For bookings and enquiries, we invite you to contact
V Botanical Spa at Ext 591 (9am to 9pm).



INTEGRATED WELLNESS

conscious living

The Andaman, A Luxury Collection Resort, Langkawi
T: +604 959 1088 E: info@vintegratedwellness.com

www.vintegratedwellness.com

DID YOU KNOW?

Exposure to sunlight increases the release of serotonin - a hormone associated with making person calm and focused.

"Activate 72000 nadis; internal channels and balance your mental, emotional well-being, make you happy and increases efficiency throughout a day"