

GLOBAL
WELLNESS
DAY®


SIX SENSES
KAPLANKAYA

We believe that a harmonious connection with the natural world is essential for overall well-being. To us, nature is not just a place; it's an experience that nurtures physical, mental, and spiritual health.



Disconnect from the noise and dive into serenity with our #MagentaNatureWellness program.

8th of June

- 8:30 – 8:45 am** **Be in Nature:** Energizing Morning walk along our new Bird path with grounding practice on the beach. Meeting point is Spa Reception.
- 9:00 am** **Cook for Health:** Eat Rainbows. 🌈 Meeting point is Main Beach.
- 10:00 am** A journey Within, walk the labyrinth to find peace, calm and clarity. Meeting point is Labyrinth.
Seeding Ritual: Plant the seeds of new beginnings and intentions. Meeting point is Earth Lab.
- 11:30 am** **Flashmob Dance:** A fun movement practice amidst nature's bounty. Meeting point is Main Beach.
- 3:00 pm** **Block Printing:** Tap into your muse, creative expression inspired by nature. Meeting point is Main Beach.
- 4:00 pm** The Healing power of local medicinal plants, create your wellness remedies for home. Meeting point is Alchemy Bar.
- 6:00 pm** Awe Walk / AWE is that yummy good feeling & sound emerging from your body when you pause, become still, and let whatever is within and around touch your soul. Let our wellness team guide you on an awesome experience walk along these power spots on our land. Meeting point is Spa Reception.
- 7:30 pm** Connect to the natural element air & fire and celebrate with us Natures healing powers. Meeting point is Fire Pit.

