



## Leisure Activity Calendar 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 11:00 Hiking to Anse Lazio (Class) Venue: Pool Bar	9:00 -11:30 Bicycle Tour to Cote D'or (Class) Venue: Pool Bar	10:30 - 11:30 Intermediate/ Advanced Snorkeling Tour (Class) Venue: Beach	9:00 - 12:00 Seychelles Heritage Walk to Grand Anse via Pasquiere Trail (Class) Venue: Pool Bar	10:30 - 11:30 Kayak Tour (Class) Venue: Beach	10:30 - 11:30 Frisbee Game Venue: Beach	10:30 - 11:30 Panoramic Tour (Class) Venue: Pool Bar
11:15 - 11:45 Dart Competition Venue: Takamaka Pavilion	11:15 - 12:15 Sun Salutation Yoga (Class) Venue: Spa Pavilion	11:15 - 12:15 Chess Competition Venue: Takamaka Pavilion	11:15 - 12:15 Meditation & Yoga (Class) Venue: Spa Pavilion	11:15 - 11:45 Dart Competition Venue: Takamaka Pavilion	11:15 - 12:15 Power Healing Yoga (Class) Venue: Spa Pavilion	11:15 - 12:15 Complimentary "Seychelles Yoga" Session Venue: Spa Pavilion
13:00 -14:00 Chess Competition Venue: Takamaka Pavilion	13:00 - 14:00 Dart Competition Venue: Takamaka Pavilion	13:00 - 14:00 Billiard Competition Venue: Takamaka Pavilion	13:00 - 14:00 Frisbee Game Venue: Beach	13:00 - 14:00 Billiard Competition Venue: Takamaka Pavilion	13:00 - 14:00 Dart Competition Venue: Takamaka Pavilion	13:00 - 13:30 Table Tennis Venue: Takamaka Terrace
15:00 - 16:00 Frisbee Game Venue: Beach	15:00 - 16:00 Table Tennis Competition Venue: Takamaka Pavilion	15:00 - 16:00 Chess Competition Venue: Takamaka Pavilion Venue: Beach	15:00 - 16:00 Stand Up Paddle Board for Beginners (Class) Venue: Beach	15:00 - 16:00 Beginners Snorkeling Tour (Class). Venue: Beach	15:00 -16:00 Chess Competition Venue: Takamaka Pavilion	15:00 - 16:00 Dart Competition Venue: Takamaka Pavilion
17:00 -17:30 Jogging to Anse Possession (Class) Venue: Pool Bar	16:00 -17:00 Astanga Yoga (Class) Venue: Spa Pavilion	17:00 -17:30 Jogging to Anse Boudin (Class) Venue: Pool Bar	17:00-18:00 Hatha Yoga (Class) Venue: Spa Pavilion	17:00 - 18:00 Table Tennis Competition Venue: Takamaka Pavilion	16:00 - 17:00 Spinal Core Yoga Venue: Spa Pavilion	16:00-17:00 Billiard Competition Venue: Takamaka Pavilion

12- Hours advance reservations required for all "Class" activities. No reservations are required for the other activities .





### OUTDOOR POOLS

Residents can relax and sunbathe at our two outdoor infinity pools, 45 meters long, just a few meters from the beach. Fresh juices and a wide selection of beverages are served by the pool, while the Pool Restaurant & Bar nearby offers a range of light food options throughout the day.  
*Open 7.00am – 7.00pm*

### GUIDED TOURS

Explore marine life or discover endemic flora and fauna species with a native Seychellois. **Private guided** hiking, biking, snorkeling, paddle board and kayaking tours offer local insight and an experience to remember.

*SCR 475 per person or  
SCR 850 per couple per hour*



### WATER SPORTS

Kayaks, paddle boards and snorkeling kits can be borrowed on a complimentary basis.

Guests are invited to explore the rich diversity of marine life in the Seychelles' waters by joining our regular snorkeling tours.

### STAND UP PADDLE BOARDING

Originating in Hawaii, stand up paddle boards offer a fun and relaxing way to play on the water, while delivering a full-body workout and enjoying amazing views.

**All watersport lessons** featured in our Leisure Activities for beginners are Free of charge.



### YOGA & MEDITATION

The practice of yoga has been known to increase flexibility, de-stress and restore the mind.

Enjoy a range of group or private yoga and meditation sessions at Raffles Praslin, in the tranquil surroundings of the Movement Pavilion, overlooking the ocean.

### INDOOR & OUTDOOR ACTIVITIES

We offer a range of indoor games such as table tennis and pool. A variety of board games are available to borrow at Reception.

For the outdoor enthusiast, Frisbee, nature walks or biking are available.



### CREOLE COOKERY CLASSES

There is no better Seychelles souvenir than taking home some Creole culinary expertise, taught by experienced local chefs. Completely hands-on yet entertaining, our classes are both educational and fun. Learn by preparing Creole food hands-on, supervised by our talented chef in the relaxed environment of Losean restaurant kitchen. The class can be combined with a private dinner.



Our Recreation Center is located beside the pool. Open daily 7:00 to 18:30pm. Please contact Raffles Service 12 hours in advance to arrange any of the "Class" activities accordingly.

### DIVING COURSES

Anyone from the age of 10 upwards, in good health and with a spirit of adventure can experience the thrill of diving. All PADI courses are taught by experienced instructors and are conducted in a relaxed atmosphere with the latest professional training mediums. From night diving to long range dives, our diving specialists can guarantee a fun filled adventure. Diving courses and excursions can be arranged through Concierge.

