

Aman Tokyo Complimentary Activity

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Meditation & Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Calligraphy 9am – 10am	Meditation & Yoga 8am – 9am	Sake Tasting 4pm - 4.30pm	
7	8	9	10	11	12	13
Foam Roller Exercise 9.30am - 10.30am	Meditation & Yoga 8am – 9am	The Imperial Palace Run 8.30am – 9.30am	Meditation & Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Sake Tasting 4pm - 4.30pm	
14	15	16	17	18	19	20
Mat Pilates 8am – 9am	Meditation & Yoga 8am – 9am	Meditation & Yoga 8am – 9am	Calligraphy 9am – 10am	Meditation & Yoga 8am – 9am	Foam Roller Exercise 9.30am - 10.30am	
21	22	23	24	25	26	27
Meditation & Yoga 8am – 9am	Mat Pilates 8am – 9am	The Imperial Palace Run 8.30am – 9.30am Sound Healing Session 10.15pm – 10.45pm	Morning Glow Meditation 8am – 8.30am	Sound Healing Session 10.15pm – 10.45pm	Morning Glow Meditation 8am – 8.30am	Sound Healing Session 10.15pm – 10.45pm
28	29	30	31			
Morning Glow Meditation 8am – 8.30am	Sound Healing Session 10.15pm – 10.45pm	Morning Glow Meditation 8am – 8.30am	Yoga 9.30am - 10.30am			