

GLOBAL
WELLNESS
DAY®



SIX SENSES SPA
KAPLANKAYA

Theme:
ReconnectMagenta

Vision:
Reconnect with Yourself,
with Nature, and with Others



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

14th of June

09:00

Morning Activity: Reconnect with Yourself

Location: Main Beach

- **Sunrise Stretching Followed by Meditation & Breathwork**
Focus on grounding, mindfulness, and setting intentions for the day.

11:00

Mid-Morning: Reconnect with Nature

Location: Earth Lab

Seeding Ritual: Plant the seeds of new beginnings and intentions you just formulate dueing the labyrinth walk. Meeting point is Earth Lab.

- **Seed Planting Ceremony at Earth Lab Followed by**
Planting seeds serves as a symbolic gesture of personal growth and positive intention. A small plant or seed pouch is offered to take home, carrying the essence of this mindful experience.
- **Sustainability Walk & Talk**
Guided walk through the property, sharing Six Senses' sustainability initiatives and encouraging mindful interaction with the environment.

14:00

Afternoon: Reconnect through Nourishment

Location: Orta Koy

- **Magenta Smoothie Station**
Interactive smoothie amenities, using pink & purple fruits (beetroot, berries, hibiscus).

19:30

Evening: Reconnect with Others

Location:

- **ReconnectMagenta Bonfire Gathering & Meditation**
Warm herbal drinks, and mindful conversations under the stars.

