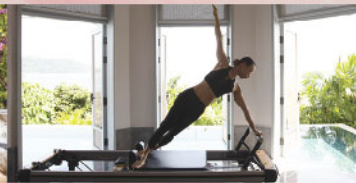


WELLNESS ACTIVITIES CALENDAR

Date/ time	8.00-8.50	9.00-9.50	10.30-11.00 Wellness talks Complimentary	14.00-14.30 Complimentary	15.00-15.50	17.00-17.50
Monday	Hatha yoga @Yoga sala 800++/pax	Stretching & Fitball @Fitness studio 800++/pax	Sleep and health @Hotel library	Intro to Yoga nidra @Yoga sala	Muay Thai @Fitness studio 800++/pax	Vinyasa yoga @Yoga sala 800++/pax
Tuesday	Hatha yoga @Yoga sala 800++/pax	Yoga nidra @Yoga sala 800++/pax	Why you have back pain @Hotel library	Breathing exercise @Yoga sala	Physiotherapy stretch class @Fitness studio 800++/pax	Vinyasa yoga @Yoga sala 800++/pax
Wednesday	Hatha yoga @Yoga sala 800++/pax	HIIT workout @Fitness studio 800++/pax		Little stretch @Yoga sala	Pilates mat class @Fitness studio 800++/pax	Vinyasa yoga @Yoga sala 800++/pax
Thursday	Hatha yoga @Yoga sala 800++/pax	TRX @Fitness studio 800++/pax	Eco-friendly living @Hotel library	Breathing exercise @Yoga sala	Aqua fitness @Retreat pool 800++/pax	Vinyasa yoga @Yoga sala 800++/pax
Friday	Hatha yoga @Yoga sala 800++/pax	Pranayama and meditation @Yoga sala 800++/pax	Digital detox @Hotel library	Lower back painrelief exercise @Yoga sala	HIIT workout @Fitness studio 800++/pax	Vinyasa yoga @Yoga sala 800++/pax
Saturday <i>Sunrise yoga 6.30-7.20am @Sun & Moon Complimentary</i>	Hatha yoga @Yoga sala 800++/pax	Pilates mat class @Fitness studio 800++/pax	Enhance your digestion @Hotel library	Breathing exercise @Yoga sala	Muay Thai @Fitness studio 800++/pax	Yin yoga – deep stretch @Yoga sala 800++/pax
Sunday	Hatha yoga @Yoga sala 800++/pax	Mindfulness meditation practice @Yoga sala 800++/pax	'Tech neck' and what you can do about it @Hotel library	Little stretch @Yoga sala	TRX @Fitness studio 800++/pax	Vinyasa yoga @Yoga sala 800++/pax



• Venue of activities can be changed according to weather condition. This schedule is subject to change without notice • 5 class pass can be purchased for 3,000++, valid for all group classes. • All rates are subject to 10% service charge and 7% government tax. • Kayaks and paddle boards are available for lending, free of charge, or 1,200++ with a teacher. • Tennis court is available free of charge, booking in 1 hour slots. Tennis partner, if booked is 1,200++ baht and is at basic level only. • To book a class, please visit or call the spa reception (7701) or the fitness centre (7815) between 10am-8pm. • All classes can be taken as private sessions, 2,200++ for individuals and 2,800++ for couples. Please book one day in advance.

