

Start	End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Unique Experiences		Leaf Legacy 10.30 am - 11.00 am	Merit Making 6.30 am - 7.00 am	Common Ground 5.00 pm - 5.30 pm	Pay It Forward 12.00 pm - 1.30 pm	Evening Dance 7.00 pm - 8.00 pm	Mindful Art 10.00 am - 11.00 am	Thai Insight 9.00 am - 12.00 pm
7.00 am	8.00 am	Seaside Trek	Line Stretch   Ocean Breath	Neighborhood Cycle	Dynamic Steps   Conscious Grounding	Line Stretch	Seaside Trek   Sound Meditation	Dawn Run
8.30 am	9.30 am	Cardio Rotation   Spinal Stretch	Core Pelvic Strength   Yoga Basics	Interval Power   Spinal Stretch	Core Pelvic Strength   Mat Pilates	Cardio Rotation   Yoga Basics	Spinal Stretch	Thai Boxing Basics   Yoga Basics
10.00 am	11.00 am	Herbal Therapy		Body Tension Release		Herbal Therapy   Yoga For Men	Circuit Strength	Body Tension Release
10.30 am	11.30 am		Daily Naturopathy		Positive Resilience			
11.00 am	12.00 pm	Thai Boxing Basics	Local Language	Power Punch		Thai Boxing Basics	Nutrition for Vitality	Aqua Play
12.00 pm	1.00 pm	Counter Tech Moves   Hearty Recipes	Daily Agility	Mindful Movement	Daily Agility	Roller Recovery	Daily Agility   Hearty Recipes	Mindful Movement
2.00 pm	3.00 pm	Mat Pilates	Posture Alignment	Mat Pilates	Posture Alignment	Mat Pilates	Posture Alignment	Spinal Stretch
3.00 pm	4.00 pm	Free Rhythm   Posture Alignment	Dynamic Steps   Yoga Duo	Power Ropes   Posture Alignment	Muay Thai Combat   Spinal Stretch	Aqua Play   Posture Alignment	Power Punch   Yoga Duo	Power Ropes   Posture Alignment
4.30 pm	5.30 pm	Slow Stretch   Balance Tuning	Serendipity Time   Spinal Stretch	Slow Stretch   Roller Recovery	Slow Stretch   Sole Foundation	Slow Stretch   Balance Tuning	Serendipity Time   Mat Pilates	Slow Stretch   Sole Foundation
8.30 pm	9.00 pm			Gratitude Meditation			Sleep Meditation	

⇄ Aqua Play  
 ⚓ Balance Tuning  
 🌿 Body Tension Release  
 ⇄ Cardio Rotation  
 ⇄ Circuit Strength  
 🏠 Common Ground  
 ⚓ Conscious Grounding  
 ⇄ Core Pelvic Strength  
 ⇄ Counter Tech Moves  
 ⇄ Daily Agility  
 ⇄ Daily Naturopathy  
 ⇄ Dawn Run  
 ⇄ Dynamic Steps  
 🏠 Evening Dance  
 ⇄ Free Rhythm  
 ⚓ Gratitude Meditation

An invigorating and fun water exercise  
 Improve your sense of balance and movement  
 Learn the Thai art of tension release  
 Cardio exercise for weight loss  
 Muscle strengthening for everyone  
 Join us to clean up the beach and raise environmental awareness.  
 A slow, calming walk in the garden  
 Building the core for increased lower body strength and stability  
 Learn essential tension release techniques  
 Exercise to improve your daily function and mobility  
 Explore a Naturopath's daily practice of wellness living  
 Experience the flora and fauna of Laguna Phuket  
 Step-up to a fun and dynamic cardio exercise  
 Creating memories together  
 Unleash the groovy side of you through dance  
 Gratitude and breathing practice for a good night sleep

🏠 Hearty Recipes  
 🌿 Herbal Therapy  
 ⇄ Interval Power  
 🏠 Leaf Legacy  
 ⇄ Line Stretch  
 ⇄ Local Language  
 ⚓ Mat Pilates  
 🏠 Merit Making  
 🏠 Mindful Art  
 ⚓ Mindful Movement  
 ⇄ Muay Thai Combat  
 ⇄ Neighborhood Cycle  
 🌿 Nutrition for Vitality  
 🌿 Ocean Breath  
 🏠 Pay It Forward  
 🌿 Positive Resilience

Practical Hearty Cooking with a touch of Thai  
 Feel the therapeutic qualities of a Thai Herbal Compress  
 An interval workout inspired by military training  
 Contribute to making the earth greener  
 Stretch and lengthen the bodyline  
 Understand Thai language and art of Wai  
 Achieve core muscle conditioning with just a mat  
 Witness the transcending act of alms giving  
 The mindfulness practice in making Jasmine garland  
 A deliberate practice of essential daily movement  
 Using the art of Muay Thai to combat frontal assaults  
 Explore the nearby town and hear personal tales of Phuket  
 Enjoy the nourishment of nature  
 Rejuvenate through conscious breathing by the sea  
 Make Thai food with a young local cook  
 Building resilience through positivity

🌿 Posture Alignment  
 ⇄ Power Punch  
 ⇄ Power Ropes  
 ⚓ Roller Recovery  
 ⇄ Seaside Trek  
 🏠 Serendipity Time  
 ⚓ Sleep Meditation  
 ⇄ Slow Stretch  
 🌿 Sole Foundation  
 ⚓ Sound Meditation  
 ⚓ Spinal Stretch  
 ⇄ Thai Boxing Basics  
 🏠 Thai Insight  
 ⚓ Yoga Basics  
 ⚓ Yoga Duo  
 ⚓ Yoga for Men

Find your optimal body function with posture alignment  
 Power punch to a fitter you  
 An intensive training to strengthen the upper body  
 Physical therapy for myofascial and muscle tissues  
 A trek along the breezy Chergntalay beach with Nordic walking poles  
 Time to wander  
 Calming mind for good night rest  
 Purposeful stretch for all-rounded tension release  
 Bring the spring back for the health of your foot  
 Immerse in the soothing and meditative sound of A.U.M  
 Yoga inspired practice that conditions the back  
 An introduction to the ancient martial art of Thailand  
 An insight to Buddhism and its way of living  
 An introduction to the fundamentals of yoga  
 Creating bond and connection through mutually assisted yoga  
 Practices that improve a man's vitality and flexibility