

# Daily Wellbeing Activities

Start	End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Unique Experiences		Mindful Art 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	Leaf Legacy 10.30 am - 11.00 am	Thai Insight 9.00 am - 12.00 pm	Evening Dance 7.00 pm - 8.00 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 Chertgalay 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

