

WELLBEING ACTIVITIES



BANYAN TREE
VABBINFARU

BANYANTREE.COM

CALL: +960 664 3147

EMAIL: wellbeing-vabbinfaru@banyantree.com

Own Your Presence

Wellbeing is a lifelong journey. A path of small steps and big leaps guided by intuition, awareness, and practice. It's an exploration of your inner self and your connection to the outside world. Often careful. Sometimes courageous. Always considered. We are here to support you along that path. To inspire you. To help you thrive and stay centered within your surroundings. Here, and back home. While you are with us, let us nourish your body and your mind. Let us lead you to new ways of being well and empower you with the tools, knowledge, and experience to continue charting your own wellbeing journey for long after you've checked out.

WE ARE HERE FOR YOU

Vabbinfaru is a place for you. A place of reflection, freedom, and personal growth. Our caring therapists and wellbeing experts are here to support you in your journey, whether you're after mental guidance or hands-on care.





ACTIVITY CALENDAR

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:30 am to 8:30am	Spinal Stretch	Core Pilates	Sunrise Yoga*	Ocean Breath	Spinal Stretch	Conscious Grounding	Sunrise Yoga*
11:30am to 12:30pm	Posture Alignment	Body Tension Release	Healthy Breathing	Posture Alignment	Mindful Living	Body Tension Release	Healthy Breathing
5:30pm to 6:30pm	Yoga Duo	Sunset Yoga*	Island Trail	Fat Blast	Sleep Meditation	Sunset Yoga*	Couple Cardio

Advance reservation required. Contact Spa Reception.

All activities are at USD 25nettper person

*Complimentary Activities

MONDAY

SPINAL STRETCH

7:30am to 8:30am

Stretch your spine and condition your back with this yoga-inspired practice. This exercise aids the development of stronger back muscles and improves spine alignment.



POSTURE ALIGNMENT

11:30am to 12:30pm

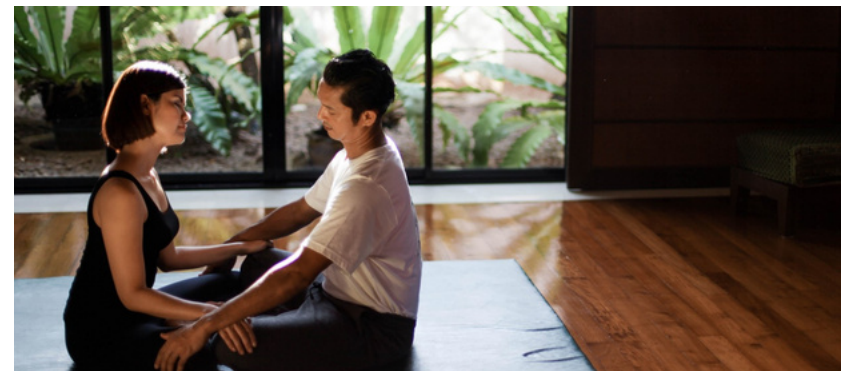
Gain a better understanding of your posture and find out your optimal body function through this workshop. Discover ways to prevent chronic muscle aches and increase awareness of every part of your body.



YOGA DUO

5:30pm to 6:30pm

Partake in this mutually assisted stretch to improve your bond and foster a deeper interpersonal connection. Just trying out a couple stretch session with your partner may inject more joy and commitment to your relationship.



TUESDAY

CORE PILATES

7:30am to 8:30am

Core muscles are the link between your upper and lower body, which is why a fit and flexible core underpins everything we do. Using just a mat, this activity will improve posture and cultivate balance in back muscles to increase endurance and flexibility



BODY TENSION RELEASE

11:30am to 12:30pm

Discover the ancient art of Thai tension release with the help of our wellness expert. Learn and practice self-massage techniques to aid stress release for both you and your partner



SUNSET YOGA

5:30pm to 6:30pm

Ease the stress of the day and prepare your body and mind for quality rest with a practice that involves the sequential flow of yoga postures by enjoying the beautiful sunset at Maldives.



WEDNESDAY

SUNRISE YOGA

7:30am to 8:30am

An introduction to the fundamentals of yoga. Gain basic knowledge of yoga and experience the benefits such as improved flexibility and muscle strength while enjoying the beautiful sunrise at Maldives.



HEALTHY BREATHING

11:30am to 12:30pm

Effective breathing can help your body functions to be at its optimal state. Learn to breathe better and correct from this practice oriented workshop session.



ISLAND TRAIL

5:30pm to 6:30pm

Exercising at the beach can be challenging than indoors. Enjoy challenging your strength, cardio and agility with exercises designed to do at the beach of Vabbinfaru Island.



THURSDAY

OCEAN BREATH

7:30am to 8:30am

Ocean breath – Begin your day with a guided meditation session at the beach. Experience the rejuvenating quality of breathing negative ions that pervades in seaside environment and start your day feeling energized and fully awakened.



POSTURE ALIGNMENT

11:30am to 12:30pm

Gain a better understanding of your posture and find out your optimal body function through this workshop. Discover ways to prevent chronic muscle aches and increase awareness of every part of your body.



FAT BLAST

5:30pm to 6:30pm

Challenge yourself with this high-intensity interval training, which targets both your aerobic and anaerobic systems. This is an ideal activity to help you attain slimming goals in a short period of time.



FRIDAY

SPINAL STRETCH

7:30am to 8:30am

Stretch your spine and condition your back with this yoga – inspired practice. This exercise aids the development of stronger back muscles and improve spine alignment.



MINDFUL LIVING

11:30am to 12:30pm

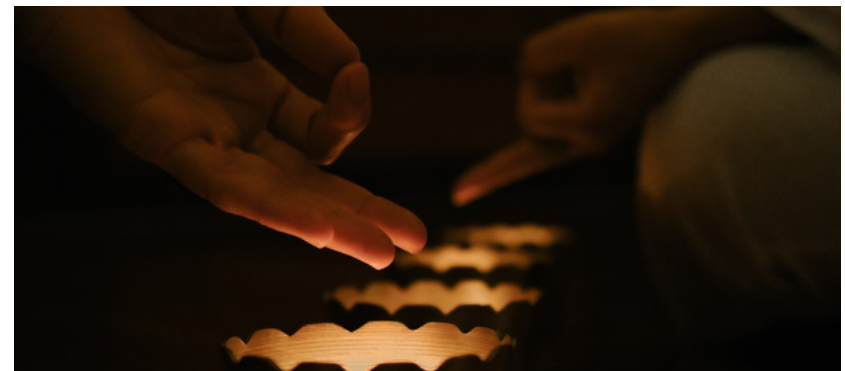
Research has shown that mindfulness practices calm your mind, build emotional resistance and improve the overall quality of life. This introduction to mindfulness practices is a great way to get started.



SLEEP MEDITATION

5:30pm to 6:30pm

Calm your mind and nurture inner peace with this guided meditation for a good restorative rest. When done before bedtime, this meditation may help reduce insomnia and sleep troubles by promoting overall calmness.

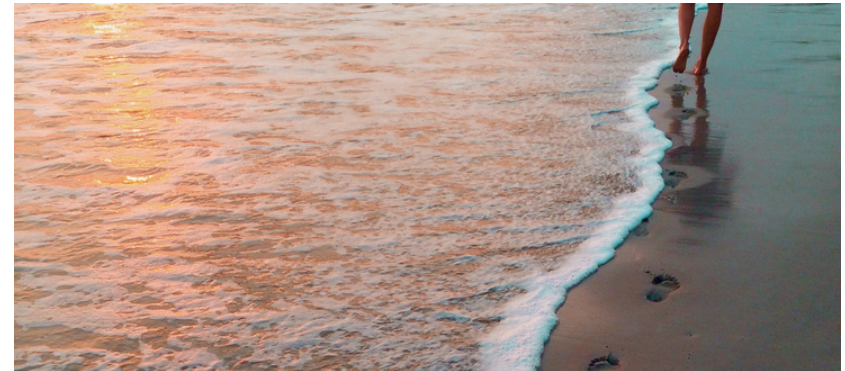


SATURDAY

CONSCIOUS GROUNDING

7:30am to 8:30am

Harness the earth's energy by taking a slow barefoot walk through the garden. Our practitioner will guide you to raise your sensory awareness to develop a new appreciation of the natural environment.



BODY TENSION RELEASE

11:30am to 12:30pm

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SUNSET YOGA

5:30pm to 6:30pm

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SUNDAY

SUNRISE YOGA

7:30am to 8:30am

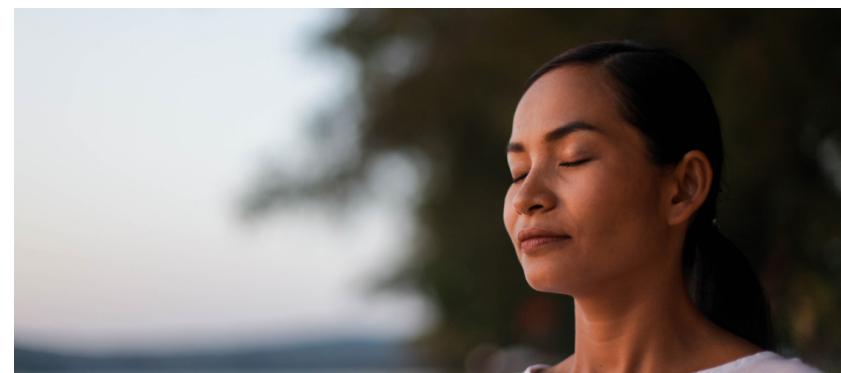
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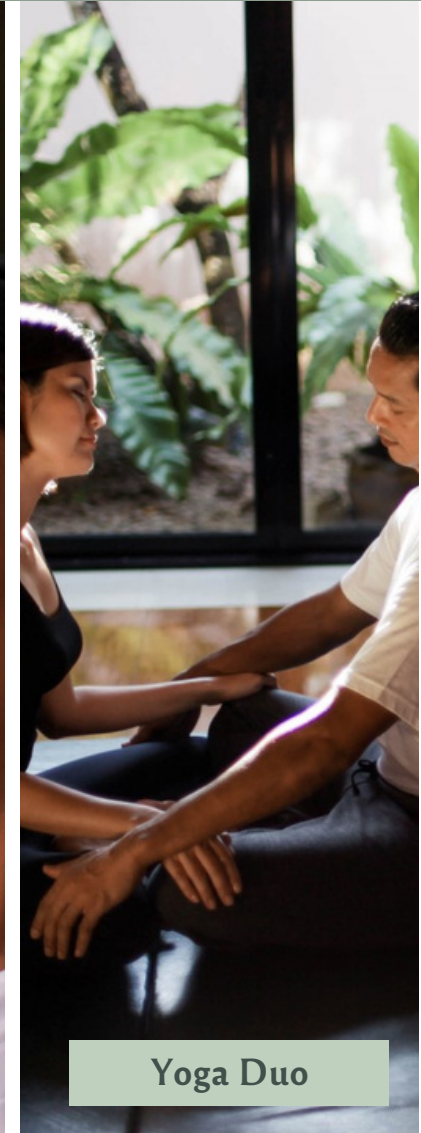
COUPLE CARDIO

5:30pm to 6:30pm

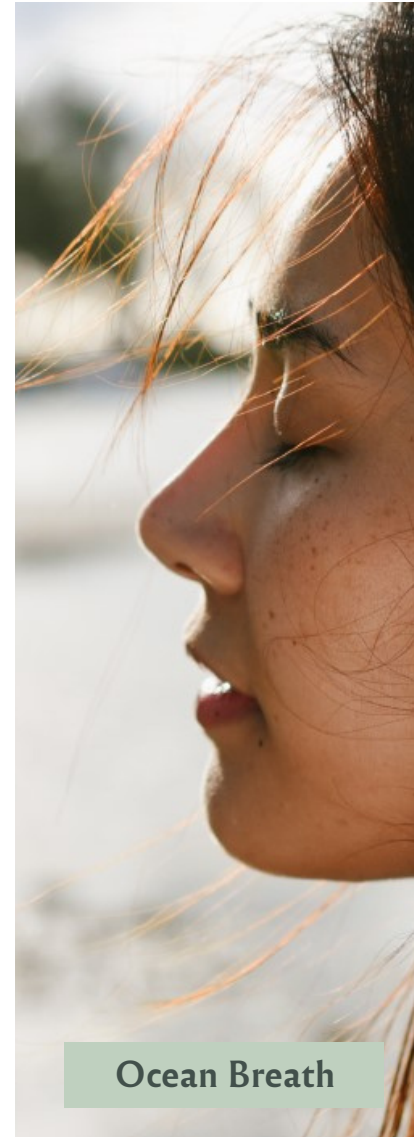
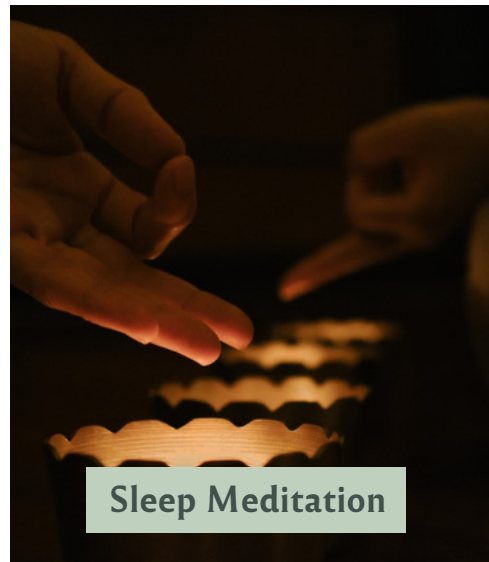
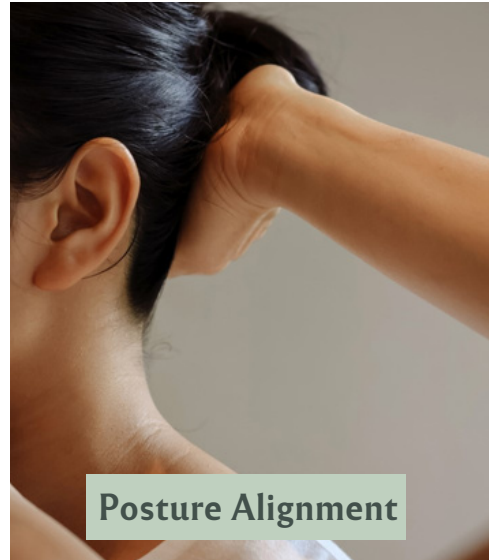
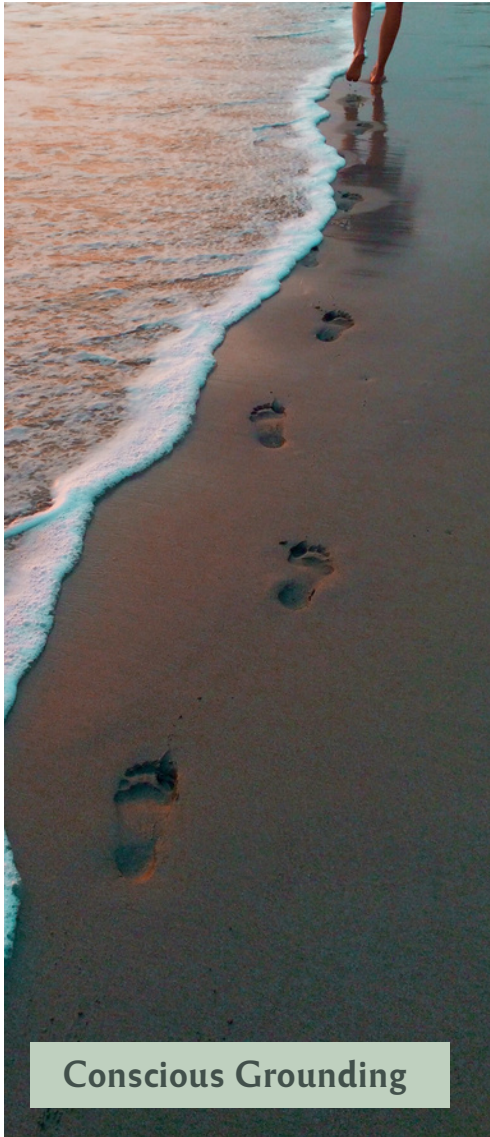
Cardiovascular fitness benefits many health indices strengthen immunity, and promotes better sleep. This cardio exercise will set the heart racing and boost your energy levels and your partner's.



POPULAR ACTIVITIES



SIGNATURE ACTIVITIES



Private Sessions



PRIVATE SESSIONS



Acupuncture for Wellbeing

USD 195

Enhance your state of wellbeing by inserting fine needles to specific points in the body. This practice from the ancient Chinese wisdom is known to balance the energy flow in the body.

PRIVATE SESSIONS



Myofascial Release

USD 195

The pressure and stretch on the trigger points helps you enhance your mobility and alleviate pain by relaxing your muscles, improving blood and lymph circulation as well as stimulating stretch reflex in muscles.

PRIVATE SESSIONS



Private Yoga

USD 40

Enjoy a private session with our wellbeing expert to have a guided yoga practice to meet your wellbeing needs and priorities.

PRIVATE SESSIONS



Wellbeing Consultation

USD 40

Do your wellbeing assessment and interact with our practitioner about your current state of wellbeing. Discuss and learn about 8 wellbeing pillars and how to sustain in your wellbeing journey.

MEET OUR RESIDENT WELLBEING EXPERTS

Our wellbeing experts are highly knowledgeable and passionate in their respective fields. Drawing on years of experience and a wealth of expertise, they can provide you with guidance and support on your wellbeing journey. Feel free to approach them for advice at any point during your stay, they'd be happy to answer any questions and inspire you with tales from their own wellbeing journeys.



MEET OUR RESIDENT WELLBEING EXPERTS



DR. TOMSON JOSE (TOM) **Wellbeing Manager**

Tom is a doctor in Natural medicine and a certified health coach with years of experience in the luxury wellness industry. He has been with the Banyan Tree group for the past four years, working with the wellbeing team at Phuket to launch and run Banyan Tree, Veya – a new wellbeing brand in Banyan Tree's multi-brand ecosystem.

Having his expertise in Acupuncture, Manipulative and Exercise Therapy, Diet, and Nutrition, he affirms natural healing modalities and appreciates the value of modern science in holistic wellbeing. Mindfulness talks, meditation, and breathwork sessions with Dr. Tomson have always been in demand.

MEET OUR RESIDENT WELLBEING EXPERTS



DR. SOPIDA KAOSRIWONG (SODA) **Wellbeing Practitioner**

Soda holds a First Class Honours for Health Science of Applied Thai Traditional Medicine (ATTM.D) from Mae Fah Luang University in Thailand. She is a licensed Doctor of Thai Pharmacy, Midwifery, Massage, and medical treatment.

She has worked in Spa Academy, Banyan Tree Phuket, and was a pivotal member in developing new innovative treatments and learning workshops based on her background. She is interested in Cognitive Behavior Therapy (CBT) and continues practicing it to promote overall wellbeing for herself and others.

MEET OUR RESIDENT WELLBEING EXPERTS



DR. SHAKEEL AMBALATH (SHA) **Wellbeing Practitioner**

Sha is a doctor in Naturopathy, passionate about wellbeing, and caters to wellness with compassion and empathy. He uses various naturopathic assessments and treatments and tailors them to each individual's unique needs.

Dr. Sha stays current with the latest research and Naturopathic treatments by continually updating his skills through ongoing education in the most contemporary and effective treatment methods. He has a special interest in Assessing the Wellbeing status of an individual based on Physical composition (Tridosha), pulse and tongue diagnosis (TCM), and tailoring wellbeing approach.