

WELLBEING ACTIVITY TIMETABLE

When you book a stay at our Wellbeing Sanctuary, you can choose a variety of simple, but impactful, wellbeing activities.



BANYAN TREE
SAMUI

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am – 9:30 am	Resort Jogging	Tai Chi	Body Weight Training	Tai Chi	Resort Jogging	Tai Chi	Body Weight Training
10:00 am – 11:00 am	Sense of Nature Walk	Yoga Asana	Yoga Sun Salutation	Sense of Nature Walk	Yoga Sun Salutation	Yoga Asana	Yoga Sun Salutation
1:00 pm – 2:00 pm	-----	Hearty Recipes *	Yoga for Kids (1.00pm – 1.30pm)	Hearty Recipes *	-----	-----	-----
2:00 pm – 3:00 pm	Sailing for Beginners	Healing Forgiveness Meditation ** (2.00pm – 2.30pm)	Gratitude Meditation ** (2.00pm – 2.30pm)	House Reef Snorkelling	Sailing for Beginners	House Reef Snorkelling	Healing Forgiveness Meditation ** (2.00pm – 2.30pm)
3:30 pm – 4:30 pm	Duo Stretch	Mindful Movement **	Breathing Exercise ** (3.30pm – 4.00pm)	-----	Breathing Exercise ** (3.30pm – 4.00pm)	Mindful Movement **	Conscious Grounding **
	Design Your Own Mocktail **	Explore Our Bay	Introduction to Thai Boxing	Explore Our Bay	Body Stretching	Pétanque	Introduction to Thai Boxing
5:00 pm – 6:00 pm	Football on the Lawn	Sound Meditation ** (5.00pm – 5.30pm)	Sleep Meditation ** (5.00pm – 5.30pm)	Table Tennis	Sound Meditation ** (5.00pm – 5.30pm)	Ocean Breath ** (5.00pm – 5.30pm)	Sleep Meditation ** (5.00pm – 5.30pm)

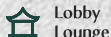
Body Stretching	Learn to release tension and increase flexibility.	Healing Forgiveness Meditation	Experience emotional healing through meditation.	Sailing for Beginners	Set sail across the tranquil waters of our private bay.
Breathing Exercise	Strengthen your body and mind with breath control.	Hearty Recipes	Learn to cook healthy dishes using Thai flavours.	Sense of Nature Walk	Trek through our tropical sanctuary.
Conscious Grounding	Take a barefoot walk through the garden.	House Reef Snorkelling	Explore our house reef on this guided journey.	Sleep Meditation	Calm your mind with this guided meditation.
Design Your Own Mocktail	Infuse your preferred flavours into a tasty mocktail.	Introduction to Thai Boxing	Learn the ancient martial art of Thailand.	Sound Meditation	Immerse yourself in the meditative sound of AUM.
Duo Stretch	Feel your body go into deep stretches together.	Mindful Movement	A deliberate practice of essential daily movement.	Tai Chi	Learn the graceful techniques of this Chinese exercise.
Explore Our Bay	Discover the natural beauty of our location.	Ocean Breath	Rejuvenate through conscious breathing by the sea.	Yoga Asana	Explore various postures with controlled breathing.
Gratitude Meditation	Gratitude and breathing practice for peaceful rest.	Resort Jogging	Start the day on the right note with a refreshing jog.	Yoga Sun Salutation	Energize yourself with a sequence of postures.

* Fees Apply

** Fees Apply for
Non-Wellbeing
Sanctuary Guests



Beach



Lobby
Lounge



Main
Pool



Pool
Bar



The
Edge



Yoga
Centre