

# Welcome to WELLBEING SANCTUARY



Wellbeing is a lifelong journey. It entails a sustained and balance practice of different pillars of wellbeing. At the heart of the Wellbeing Sanctuary is a selection of wellbeing activities that have been curated to help you discover simple, but impactful, practices to improve each pillar of wellbeing.



## Sleep & Rest

Adequate sleep allows the body to repair and rejuvenate. Our modern lifestyle impacts the quality of our rest. Attend meditation session or sleep workshop to learn how to improve your sleep quality.



## Bonding & Connection

Participate in some activities with your traveling partner. They present opportunities to create new memories and build connections. You may discover something new about each other.



## Dietary Awareness

Each of us lives different lives, have different bodies and thus have different nutritional needs. It is about being aware and conscious of what you eat. Try our wholesome Wellbeing Cuisine during your stay with us.



## Learning & Development

One of the joy of traveling is discovering new cultures and ways of living. We have weaved enrichment workshops and local cultural insights for you to learn new knowledge and local wellbeing practices.



## Physical Vitality

It is important to maintain a balanced fitness that includes cardiovascular health, muscle strength and flexibility. Pick your preferred activity or try something new to explore new ways to improve your physical vitality.



## Harmony with Nature

Urbanites may have limited opportunities to immerse in nature. We encourage you to try some outdoor or nature-based activities to rediscover the joy of being close to nature. We also offer workshops to harness nature for your wellbeing.



## Cultivate the Mind

Build your mental resilience through mindfulness practice. This includes mindful craft making workshops to formal practice such as meditation. Feel free to seek recommendation from your wellbeing host.



## Sustained Practice

Wellbeing is a lifelong journey. This journey entails a sustain practice of the various wellbeing pillars and also virtues such as gratitude, empathy and forgiveness.

# WELLBEING ACTIVITY TIMETABLE

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am – 9:30am	Beach Walk	Tai Chi	Morning Stretching	Basic Yoga	Beach Walk	Tai Chi	Basic Yoga
10:00am – 11:00am*	Thoughtful Appreciation	Duo Stretching	Kayak & Paddle	Forest Bathing	Duo Stretching	Kayak & Paddle	Forest Bathing
12:00pm – 1:00pm*	Self-Massage Techniques	Thai Potpourri Making	Posture Alignment	Sole Foundation	Better Sleep	Counter Tech Moves	Hands-on Indian Head Massage
2:00pm – 3:00pm	Muay Thai Boxing	Fit Ball	Aqua Exercise	Muay Thai Boxing	Afternoon Stretching	Aqua Exercise	Mat Pilates
4:00pm – 5:00pm*	Facial Herbal Compress	Walking Meditation	Mastering Healthy Cooking	Mastering Healthy Drinks	Breathing Meditation	Mastering Healthy Cooking	Breathing Meditation

	<b>Basic Yoga</b>	An introduction to the fundamentals of yoga. Gain basic knowledge of yoga and experience the benefits such as improving flexibility and muscle strength.		<b>Mat Pilates</b>	Engage your core muscles through fundamental Pilates practices. Using just a mat, this activity will strengthen your core muscles and cultivate balance in your back muscles.		<b>Muay Thai Boxing</b>	Engage your core muscles through fundamental Pilates practices. Using just a mat, this activity will strengthen your core muscles and cultivate balance in your back muscles.
	<b>Tai Chi</b>	The mind and body co-ordination exercise with slow and centered movement of the body helps to improve overall wellbeing and calm mind.		<b>Duo Stretching</b>	Understand and help your partner in simple but very effective stretches while you also in a similar pose helped by your partner for better couple bonding and relaxed muscles.		<b>Posture Alignment</b>	Gain a better understanding on your posture and find out your optimal body function through this workshop. Discover ways to prevent chronic muscle aches and increase your body awareness.
	<b>Mastering Healthy Cooking</b>	Learn to cook healthy and hearty dishes with a touch of Thai flavors from the Chef of our Saffron restaurant.		<b>Mastering Healthy Drinks</b>	Learn how to make your own Healthy Drink at home.		<b>Kayak &amp; Paddle</b>	Kayaking and paddle boarding along a beautiful coastline, and staying close to the real nature of Tubkaek Beach.
	<b>Facial Herbal Compress/ Thai Potpourri</b>	Learn the skills to make your own Facial herbal compress or Thai Potpourri with locally available herbs at home and how to use the back home with a traditional Thai massage practice or as an herbal disinfectant.		<b>Aqua Exercise</b>	Enjoy a fun and invigorating low-impact cardio activity in the water that will take the pressure off your bones, joints and muscles. Great for improving muscular strength and endurance.		<b>Walking Meditation</b>	Harness the Earth's energy by taking a slow barefoot walk through the garden. We will also guide you to raise your sensory awareness to develop a new appreciation of the natural environment.
	<b>Morning / Afternoon Stretching</b>	Just like when we are stressed, when we are lethargic, our muscles tighten up. Stretching will help loosen muscles to help you through the day.		<b>Fit Ball</b>	A mix of aerobic exercises to boost adrenalin and increase the heart rate—based on High Intensity Interval Training principles using the ball helps strengthen core, improves flexibility and balance.		<b>Breathing Meditation</b>	Meditation by breathing, this technique has been researched for more than hundreds of years. It is especially effective for chronic diseases and improving mental strength.
	<b>Forest Bathing</b>	Through your five senses, immersion in a forest environment will enhance both your physical and mental health. It aids in preventing cancers and other diseases, while allowing you the unparalleled joy of beholding the beauty of the forest		<b>Beach Walk</b>	Increasing fitness, increasing your connection with nature, engage in quiet problem-solving, and enhance your spiritual mindfulness. Walking on the beach is a great way to refresh your spirit.		<b>Sole Foundation</b>	Determines your foot arch type and learn techniques such as self-massages and exercises to maintain the health of your feet.
	<b>Counter Tech Moves</b>	Learn more about how daily movements strain our joints and muscles. You will learn simple techniques to counter such strains and prevent future injuries		<b>Thoughtful Appreciation</b>	Create appreciation awareness. Make you own thank you card to the one you love or miss.		<b>Better Sleep</b>	A workshop to ensure the quality of sleep as it affects almost every system in the body and allows the body to repair and rejuvenate.
	<b>Nutrition Vitality</b>	Vitality is the key for healthy happy living and learn how nutrition can influence one's vitality and understanding the factors that influence our daily life .						

\* Fees Apply

 Banyan Tree Spa

 Fitness Centre

 The Naga Kitchen

 Cabana / Wedding Deck

 Kids' Club

 Beach

 Main Pool

 National Park