













































# RECREATION & WELLBEING

## ACTIVITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am – 8:00am	Conscious Grounding Seaside Walk 	ABS express	Bike tour 7.30-8.30 	Breathing Exercise Local & Market tour 7.30-10.00 	Body Stretch	Mindful Walking Meditation Morning jogging 	Breathing Exercise Circuit training 
8:30am – 9:30am	Body Function Movement 	Core Pilates 	Gentle Yoga 	HIIT Workout 	Gentle Yoga 	Body Function Movement 	Core Pilates 
10:00am – 11:00am	Herbal Tea Workshop 	Thai Herbal Compress Workshop 	Herbal Massage Oil Workshop 	Natural Herbal Inhaler Workshop 	Herbal Tea Workshop 	Herbal Massage Oil Workshop 	Herbal Potpourri Workshop 
		Sense of place Local tour 10.00-12.30 	Snorkeling tour at Wae island 10.00-12.30 		Sense of place Local tour 10.00-12.30 		Snorkeling tour at Wae island 10.00-12.30 
12:00pm – 1:00pm			Healthy Raw Cooking		Healthy Raw Cooking		
2:30pm – 3:30pm	Counter Tech Moves Workshop 	Postural & Balance Assessment 	Spinal Stretch 	Yoga Duo 	Counter Tech Moves Workshop 	Spinal Stretch 	Better Sleep Workshop 
4:00pm – 5:00pm	Aquatic Exercises 	Kayak Sightseeing 	Muay Thai (Max4) 	Weight training (Max 2) 	Muay Thai (Max 4) 	Kayak Sightseeing 	Muay Thai (Max 4) 
5:00pm – 5:30pm	Forgiveness Meditation 	Sound Healing Meditation 	Sleep Meditation 	Gratitude Meditation 	Sound Healing Meditation 	Sleep Meditation 	Sound Healing Meditation 

- Activities marked in **Green** are complimentary sessions for all. The rest of the wellbeing activities will be charged THB 1,000 net per person for group classes and THB 2,500 per person for private classes
- Guests staying with us in Banyan Tree Wellbeing Sanctuary Villas can enjoy complimentary access to all our group wellbeing activities.
- For private classes, please contact our practitioners on EXT. 6950,6956
- **Outdoor activities will be charged THB 2,000 per person**

Location :



Nature House



Fitness Pavilion



Outdoor



Wellbeing Centre