




























# WELLBEING ACTIVITY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am – 9:30 am	Resort Jogging	Tai Chi	Body Weight Training	Sense of Nature Walk	Resort Jogging	Tai Chi	Sense of Nature Walk
10:00 am – 11:00 am	Yoga Asana	Spinal Stretch	Yoga Asana	Spinal Stretch	Yoga Asana	Spinal Stretch	Yoga for Beginners
1:00 pm – 2:00 pm	-----	Hearty Recipes *	-----	Hearty Recipes *	-----	-----	-----
2:00 pm – 3:00 pm	Healthy Cold-Pressed Juice **	House Reef Snorkelling	Explore Our Bay	House Reef Snorkelling	Sailing for Beginners	House Reef Snorkelling	Sailing for Beginners
	Gratitude Meditation ** (2:00 pm – 2:30 pm)	Healing Forgiveness Meditation ** (2:00 pm – 2:30 pm)	Gratitude Meditation ** (2:00 pm – 2:30 pm)	Healing Forgiveness Meditation ** (2:00 pm – 2:30 pm)	Gratitude Meditation ** (2:00 pm – 2:30 pm)		
3:30 pm – 4:30 pm	Aromatherapy Workshop	Introduction to Thai Boxing	Aromatic Potpourri Workshop	Aromatherapy Workshop	Aromatic Potpourri Workshop	Duo Stretch	Aromatherapy Workshop
	Pool Table Tournament	Mindful Movement **	Conscious Grounding **	Introduction to Thai Boxing	Table Tennis Tournament	Pétanque Tournament	Introduction to Thai Boxing
5:00 pm – 6:00 pm	Breathing Exercise ** (5:00 pm – 5:30 pm)	Sound Meditation ** (5:00 pm – 5:30 pm)	Sleep Meditation ** (5:00 pm – 5:30 pm)	Ocean Breath ** (5:00 pm – 5:30 pm)	Sleep Meditation ** (5:00 pm – 5:30 pm)	Body Stretching	Duo Stretch

	<b>Aromatic Potpourri Workshop</b>	Make your own potpourri using natural ingredients.		<b>Healing Forgiveness Meditation</b>	Experience emotional healing through meditation.		<b>Resort Jogging</b>	Start the day on the right note with a refreshing jog.
	<b>Aromatherapy Workshop</b>	Create a personalised aromatherapy room spray.		<b>Healthy Cold-Pressed Juice</b>	Infuse your preferred ingredients into a tasty juice.		<b>Sailing for Beginners</b>	Set sail across the tranquil waters of our private bay.
	<b>Body Stretching</b>	Learn to release tension and increase flexibility.		<b>Hearty Recipes</b>	Learn to cook healthy dishes using Thai flavours.		<b>Sense of Nature Walk</b>	Trek through our tropical sanctuary.
	<b>Body Weight Training</b>	Learn to improve overall muscular strength.		<b>House Reef Snorkelling</b>	Explore our house reef on this guided journey.		<b>Sleep Meditation</b>	Calm your mind with this guided meditation.
	<b>Breathing Exercise</b>	Strengthen your body and mind with breath control.		<b>Introduction to Thai Boxing</b>	Learn the ancient martial art of Thailand.		<b>Sound Meditation</b>	Immerse yourself in the meditative sound of A.U.M.
	<b>Conscious Grounding</b>	Take a barefoot walk through the garden.		<b>Mindful Movement</b>	A deliberate practice of essential daily movement.		<b>Spinal Stretch</b>	Strengthen your core and reduce tension in your back.
	<b>Duo Stretch</b>	Feel your body go into deep stretches together.		<b>Ocean Breath</b>	Rejuvenate through conscious breathing by the sea.		<b>Tai Chi</b>	Learn the graceful techniques of this Chinese exercise.
	<b>Explore Our Bay</b>	Discover the natural beauty of our location.		<b>Pétanque Tournament</b>	Enjoy this traditional French game on a sand court.		<b>Table Tennis Tournament</b>	Friendly competition for all ages and skill levels.
	<b>Gratitude Meditation</b>	Gratitude and breathing practice for peaceful rest.		<b>Pool Table Tournament</b>	Friendly competition for all ages and skill levels.		<b>Yoga Asana &amp; Yoga For Beginners</b>	Explore various postures with controlled breathing.

\* Fees Apply \*\*

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(Non-Wellbeing Sanctuary Guests)



Beach



Lobby Lounge



Gallery



The Edge



Saffron



Yoga Centre