

# 养修活动时间表 / Wellbeing Activity Timetable

当您预订时，您可以选择各种简单但有影响力的养修活动。预订热线：+86 773 322 8888

When you book a stay at our Wellbeing Sanctuary, you can choose a variety of simple but impactful wellbeing activities. Reservation: +86 773 322 8888



BANYAN TREE  
YANG SHUO  
阳朔悦榕庄

时间 TIME	周一 MONDAY	周二 TUESDAY	周三 WEDNESDAY	周四 THURSDAY	周五 FRIDAY	周六 SATURDAY	周日 SUNDAY
08:00 - 08:45	竹竿拉伸 Bamboo Stretching (活力MOVEMENT)	田野山间骑行 Countryside Cyling (归根GROUNDEDNESS)	竹竿拉伸 Bamboo Stretching (活力MOVEMENT)	田野山间骑行 Countryside Cyling (归根GROUNDEDNESS)	八段锦 Ba Duan Jin Eight Section Brocade (活力MOVEMENT)	太极 * Taichi ¥ 500/2位 Two Persons	田野山间骑行 Countryside Cyling (归根GROUNDEDNESS)
10:30 - 11:15	无糖纸杯蛋糕制作 * Sugar-free Cup Cake Cooking Class ¥ 500/2位 Two Persons (互动CONNECTION)	呼吸练习 Breathing Exercise (正念MINDFULNESS)	纯绿超级蔬菜汁制作 Pure Green Super Juice Making (滋养NOURISHMENT)	无糖纸杯蛋糕制作 * Sugar-free Cup Cake Cooking Class ¥ 500/2位 Two Persons (互动CONNECTION)	呼吸练习 Breathing Exercise (正念MINDFULNESS)	纯绿超级蔬菜汁制作 Pure Green Super Juice Making (滋养NOURISHMENT)	呼吸练习 Breathing Exercise (正念MINDFULNESS)
15:30 - 16:15	冥想颂钵 Sound Bowl Therapy and Meditation (安然REST)	越南鲜虾春卷制作 * Vietnamese Shrimp Spring Roll Cooking Class ¥ 200/位 Person (互动CONNECTION)	草本按摩油制作 * Herbal Massage Oil Making Class ¥ 200/位 Person	冥想颂钵 Sound Bowl Therapy and Meditation (安然REST)	希腊风味沙拉制作 * Greek Salad Cooking Class ¥ 200/位 Person	草本按摩油制作 * Herbal Massage Oil Making Class ¥ 200/位 Person	冥想颂钵 Sound Bowl Therapy and Meditation (安然REST)
17:00 - 18:00	Spa肩颈按摩学习课程 * Spa Massage Class Neck & Shoulder Relaxation ¥ 98/位 Person (成长GROWTH)	登山 * Hill Climbing ¥ 168/位 Person	助眠香囊制作 * Sleep Aid Scented Sachet Making ¥ 98/位 Person (成长GROWTH)	登山 * Hill Climbing ¥ 168/位 Person	助眠香囊制作 * Sleep Aid Scented Sachet Making ¥ 98/位 Person (成长GROWTH)	脊柱延展训练 Spinal Elongation Training (活力MOVEMENT, 实践PRACTICE)	Spa肩颈按摩学习课程 * Spa Massage Class Neck & Shoulder Relaxation ¥ 98/位 Person (成长GROWTH)



碧水吧

太极：感悟传统养生精髓。  
八段锦：以传统功法调和身心。  
脊柱延展训练：舒缓肌肉僵硬，提升肌肉延展性。  
呼吸练习：借深呼吸放松身心、释放压力。  
竹竿拉伸：促进血液循环，增强身体灵活度。



清风吧

纯绿超级蔬菜汁制作：帮助营养吸收、提高免疫力及愉悦身心。



水疗中心

冥想颂钵：沉浸音疗，疗愈心灵。  
SPA按摩学习课程-肩颈放松：掌握家庭肩颈养护妙招。  
草本按摩油制作课程：研习泰国传统按摩油调配技艺。  
助眠香囊制作：安神助眠，提升睡眠品质。



饼房

无糖纸杯蛋糕制作：无糖的成分给予身体带来零负担。



明月开放厨房

越南鲜虾春卷制作：解锁低脂健康饮食之道。  
希腊风味沙拉制作：促进消化，呵护心血管健康。



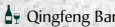
酒店园区

登山：邂逅绝美日落，纵享身心舒畅。  
田野山间骑行：穿梭自然，畅享负氧清新。



Aqua Café

Tai Chi: Experience the essence of traditional health preservation.  
Baduanjin: Harmonize the body and mind with traditional exercises.  
Spinal Elongation Training: Relieve muscle stiffness and enhance muscle ductility.  
Breathing Exercise: Relax the body and mind and release pressure through deep breathing.  
Bamboo Stretching: Promote blood circulation and enhance body flexibility.



Qingfeng Bar

Pure Green Super Juice Making: Boost nutrient absorption, enhance immunity, and lift the mood.



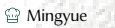
SPA

Sound Bowl Therapy and Meditation: Immerse in sound therapy to heal the mind.  
Spa Massage Class Neck & Shoulder Relaxation: Master home tips for neck and shoulder care.  
Herbal Massage Oil Making Class: Study the traditional Thai art of preparing massage oil.  
Sleep Aid Scented Sachet Making: Calm the mind for better sleep quality.



Pastry Kitchen

Sugar-free Cup Cake Cooking Class: Zero-sugar formula for light, burden-free eating.



Mingyue  
Open Kitchen

Vietnamese Shrimp Spring Roll Making: Unlock the secrets of low-fat healthy eating.  
Greek Salad Cooking Class: Promote digestion and care for cardiovascular health.



Hotel Garden

Hill Hiking: Encounter stunning sunsets and enjoy physical and mental comfort.  
Countryside Cyling: Shuttle through nature and enjoy fresh negative ions.

\* 付费活动 / 以上所有活动需提前24小时预定  
Fees Apply / All activities required 24 hours advance booking