









































# RECREATION & WELLBEING ACTIVITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am – 8:00am	Conscious Grounding  <b>Seaside Walk</b> 	<b>ABS express</b> 	Bike tour 7.30–8.30 	Breathing Exercise 	<b>Body Stretch</b> 	Labyrinth Walking Meditation  <b>Morning jogging</b> 	Breathing Exercise 
8:30am – 9:30am	<b>Body Function Movement</b> 	<b>Core Pilates</b> 	<b>Gentle Yoga</b> 	<b>HIIT Workout</b> 	<b>Gentle Yoga</b> 	<b>Body Function Movement</b> 	<b>Circuit training</b> 
10:30am – 11:30am	Herbal Massage Oil Workshop 	Spinal Stretch   <b>Sense of place Local tour</b>  10.00–12.30	Natural Herbal Inhaler Workshop 	Family Yoga (Kids above 5 Years) 	Thai Herbal Compress Workshop   <b>Sense of place Local tour</b>  10.00–12.30	Herbal Massage Oil Workshop 	Yoga Duo 
12:00pm – 1:00pm			Healthy Raw Cooking 		Healthy Raw Cooking 		
4:00pm – 5:00pm	<b>Aquatic Exercises</b> 	Kayak Sightseeing 	Muay Thai (Max4) 	Kayak Sightseeing 	Muay Thai (Max 4) 	Weight training (Max 2) 	Muay Thai (Max 4) 
5:00pm – 5:30pm		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