

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
	Private Class			Private Class	Private Class	Private Class	Private Class
10:00 am – 11:00 am	Yoga Asana	Spinal Stretch	Introduction to Thai Boxing	Sunrise Yoga	Yoga Asana	Sunrise Yoga	Yoga Asana
1:00 pm – 2:00 pm	Private Class	Hearty Recipes *	Private Class	Hearty Recipes *	Private Class	Private Class	Private Class
2:00 pm – 3:00 pm	Healthy Cold-Pressed Juice ** (2:00 pm – 2:30 pm)	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	Introduction to Thai Boxing	Aromatherapy Workshop	Aromatic Potpourri Workshop	Aromatherapy Workshop	Aromatic Potpourri Workshop	Mindful Movement **	Aromatherapy Workshop
	Sound Bath Meditation ** (3:30 pm – 4:00 pm)	Duo Stretch		Conscious Grounding **	Yoga Therapy	Introduction to Thai Boxing	Yoga Therapy
5:00 pm – 5:30 pm	Breathing Exercise **	Body Stretching	Duo Stretch	Ocean Breath **	Sound Bath Meditation **	Sleep Meditation **	Sound Meditation **

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

* Fees Apply

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(Non-Wellbeing Sanctuary Guests)



Beach / Lawn



Lobby Lounge



Gallery



The Edge



Saffron



Yoga Centre