

# 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	Basic Yoga	Spinal Stretch	Introduction to Thai Boxing	Spinal Stretch	Basic Yoga	Spinal Stretch	Basic Yoga
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
3:30 pm – 4:30 pm	Introduction to Thai Boxing	Aromatic Potpourri Workshop	Massage & Exercise Techniques Workshop	Aromatherapy Workshop	Massage & Exercise Techniques Workshop	Introduction to Thai Boxing	Aromatherapy Workshop
5:00 pm – 5:30 pm	Breathing Exercise **	Body Stretching	Duo Stretch	Walking Meditation	Breathing Exercise **	Body Stretching	Walking Meditation



### Aromatherapy Workshop

Create a personalised aromatherapy room spray.



### Aromatic Potpourri Workshop

Craft a potpourri sachet with your selected ingredients.



### Basic Yoga

Explore various postures with controlled breathing.



### Body Stretching

Learn to release tension and increase flexibility.



### Body Weight Training

Learn to improve overall muscular strength.



### Breathing Exercise

Strengthen your body and mind with breath control.



### Duo Stretch

Feel your body go into deep stretches together.



### Explore Our Bay

Discover the natural beauty of our location.



### Healthy Cold-Pressed Juice

Infuse your preferred ingredients into a tasty juice.



### Hearty Recipes

Learn to cook healthy dishes using Thai flavours.



### House Reef Snorkelling

Explore our house reef on this guided journey.



### Introduction to Thai Boxing

Learn the ancient martial art of Thailand.



### Massage & Exercise Techniques Workshop

Discover basic principles for improving massage and exercise in your daily life.



### Resort Jogging

Start the day on the right note with a refreshing jog.



### Sailing for Beginners

Set sail across the tranquil waters of our private bay.



### Sense of Nature Walk

Trek through our tropical sanctuary.



### Spinal Stretch

Strengthen your core and reduce tension in your back.



### Tai Chi

Learn the graceful techniques of this Chinese exercise.



### Walking Meditation

Practice mindfulness while paying close attention to each step and bringing awareness into the present moment.

\* Fees Apply

\*\*

Fees Apply  
(Non-Wellbeing Sanctuary Guests)



Beach



Lobby Lounge



Gallery



The Edge



Saffron



Yoga Centre