

WELLBEING ACTIVITY TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am – 9:30 am	Gentle Yoga	Resort Jogging	Tai Chi	Gentle Yoga	Yoga Sun Salutation	Gentle Yoga	Yoga Sun Salutation
10:00 am – 11:00 am	Body Weight Training	Spinal Stretch	Introduction to Thai Boxing	Sense of Nature Walk	Body Weight Training	Tai Chi	Sense of Nature Walk
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
	** Thankfulness Practice (2:00 pm – 2:30 pm)			** Healing Forgiveness Meditation (2:00 pm – 2:30 pm)	** Thankfulness Practice (2:00 pm – 2:30 pm)	** Healing Forgiveness Meditation (2:00 pm – 2:30 pm)	** Thankfulness Practice (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)			** Walking Meditation	** Core Exercises for Beginners	Introduction to Thai Boxing	** Core Exercises for Beginners
5:00 pm – 5:30 pm	** Breathing Exercise	Body Stretching	Duo Stretch	** Ocean Breath	** Sound Bath Meditation	** Breath & Resonance	** Sleep Meditation



Aromatherapy Workshop

Create a personalised aromatherapy room spray.



Aromatic Potpourri Workshop

Craft a potpourri sachet with your selected ingredients.



Body Stretching

Learn to release tension and increase flexibility.



Body Weight Training

Learn to improve overall muscular strength.



Breath & Resonance

Deepen relaxation, restore inner balance and soothe the nervous system with an immersive sound healing.



Breathing Exercise

Strengthen your body and mind with breath control.



Core Exercises for Beginners

Build fundamental strength to improve stability.



Duo Stretch

Feel your body go into deep stretches together.



Explore Our Bay

Discover the natural beauty of our location.



Healing Forgiveness Meditation

Experience emotional healing through meditation.



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.



Mindful Movement

A deliberate practice of essential daily movement.



Ocean Breath

Rejuvenate through conscious breathing by the sea.



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.



Sleep Meditation

Calm your mind with this guided meditation.



Sound Bath Meditation

Embrace therapeutic sound vibrations to reduce stress.



Spinal Stretch

Strengthen your core and reduce tension in your back.



Tai Chi

Learn the graceful techniques of this Chinese exercise.



Thankfulness Practice

Gratitude and breathing practice for peaceful rest.



Yoga Classes

Explore various postures with controlled breathing.



Walking Meditation

Focus on sensory awareness and connection to the Earth.

* Fees Apply

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Fees Apply
(Non-Wellbeing Sanctuary Guests)



Beach / Lawn



Lobby Lounge



Gallery



The Edge



Saffron



Yoga Centre