

MINDFULNESS

PRANAYAMA MEDITATION

A guided meditation combining conscious breathing with balance breathing to restore a sense of calm and stability.

CONSCIOUS GROUNDING

A slow, barefoot walking experience to enhance sensory awareness and deepens connection with the nature.

CRYSTAL SOUND JOURNEY

A multi-sensory sound experience using crystal bowls and resonant tones to guide the body into deep rest, release mental tension, and reset the nervous system.

YOGA NIDRA

A guided meditation practice designed to ease tension, quiet the mind, and prepare for restorative rest.

SOUND HEALING MEDITATION

A meditative experience using Himalayan singing bowl vibrations to create harmony and inner alignment.

MOVEMENT

ABS EXERCISE

A focused core workout designed to build abdominal strength and improve stability.

AQUATIC EXERCISE

Enjoy a fun and invigorating low-impact cardio activity in the water.

BIKE TOUR

Cycle to a nearby town and gain an authentic insight into the daily life of the local community.

BANYAN STRETCH

A Mindful full body movement that combines stretching and breath to improve mobility, release tension, and restore balance and vitality

CIRCUIT TRAINING

An energizing workout combining cardio and resistance exercises to build strength and boost endurance.

FAMILY YOGA

A joyful yoga experience for parents and children, featuring simple poses to promote bonding and connection.

FUNCTIONAL MOVEMENT

Functional exercises designed to build strength and mobility for improved movement efficiency in everyday life.

GENTLE YOGA

A series of gentle yoga asanas and relaxation techniques to promote overall physical and mental wellbeing.

HIIT WORKOUT

A high-energy interval training combining intense exercise with recovery to boost overall fitness.

YIN YOGA

In Yin Yoga you hold each pose for 1 to 3 minutes, allowing the deeper less flexible tissues in your body time to stretch.

KAYAK SIGHTSEEING

Explore the lagoon by kayak and take in the rich aquatic flora and fauna on this guided expedition.

MAT PILATES

Engage your core through fundamental Pilates practices to strengthen core muscles, improve balance and stability.

MUAY THAI

An introduction to the ancient martial art of Thailand and learn the fundamentals of Thai boxing while burning calories and building strength.

SEASIDE WALK

A dynamic seaside walk combining purposeful movement with ocean breezes to restore energy.

GROWTH

CULINARY ARTS

Create one traditional Thai dessert, discovering local ingredients, techniques, and time-honored flavors.

DIY ESSENTIAL OIL

A hands-on DIY workshop using our signature essential oils, crafting a personalised scent to uplift, relax, or restore balance.

FLOWER ART

Discover the beauty of Thai floral traditions, inspired by cultural offerings.

HERBAL INFUSION TEA

Craft a vibrant butterfly pea tea, discovering its natural benefits, and traditional herbal uses.

CULINARY EXPERIENCE

The art of Ceviche – Learn to prepare fresh citrus cured fish paired with cucumber yogurt gazpacho for light and nourishing experience
Seasonal Soup – Discover the art of creating a nourishing seasonal soup finished with a delicate onsen egg.

HERBAL MASSAGE OIL WORKSHOP

Discover the art of blending therapeutic Thai herbs into a personalised massage oil and take home a bottle to enjoy a spa-inspired experience at home.

LOCAL TEA

Learn to prepare traditional Thai tea, exploring local ingredients, techniques, and flavors

NATURAL HERBAL INHALER WORKSHOP

Craft your own traditional Thai herbal inhaler with fragrant local herbs, designed to refresh your senses and restore balance.

CULTURAL DISCOVERY TOUR

Explore the local surroundings and traditions, gaining an authentic insight into the culture, stories, and rhythms.

HERBAL OIL RITUAL

Blend natural oils with therapeutic herbs and learn key pressure points to ease tension.

THAI HERBAL POTPURRI

Create your own personalized a mixture of dried, naturally fragrant plant materials used to provide a gentle natural scent.

THAI ARTS & CRAFT

Celebrate Thai craftsmanship through a mindful, hands-on learning of traditional leaf weaving, honoring heritage.

TIE DYE WITH LOCAL FRUIT

Hand dye clothing – Using natural mangosteen pigments, creating a personal keepsake. An unforgettable blend of creativity.



BANYAN TREE
PHUKET

CALENDAR EXPERIENCE

EXPERIENCE CALENDAR



BANYAN TREE
PHUKET

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 am – 8:00 am	Seaside Walk (Max 10)	Banyan Stretch (10 minutes)	Bike Tour (Max 6)	Seaside Walk (Max 10)	Abs Exercise (Max 10)	Banyan Stretch (10 minutes)	Bike Tour (Max 6)
8:30 am – 9:30 am	Functional Movement (Max 10)	Mat Pilates (Max 10)	Gentle Yoga (Max 10)	HIIT Workout (Max 10)	Functional Movement (Max 10)	Circuit Training (Max 10)	Gentle Yoga (Max 10)
10:00 am – 11:00 am		*Cultural Discovery Tour (10.30 am – 01:00 pm) (2 – 8 persons)	Herbal Oil Ritual (By Spa Wellbeing Academy) (Max 8)	*Tie Dye With Local Fruit THB 2,500 per person (2 – 8 persons)	*Cultural Discovery Tour (10.30 am – 01:00 pm) (2 – 8 persons)		
10:30 am – 11:30 am	Herbal Massage Oil Workshop (Max 10)	Kids Yoga (Max 8 – kids above 5 years)	Natural Herbal Inhaler Workshop (Max 10)	Yin Yoga (Max 10)	Thai Herbal Potpourri (Max 10)	Family Yoga (Max 8 – kids above 5 years)	DIY Essential Oil (Max 8)
12:00 pm – 1:00 pm			Culinary Experience The Art of Ceviche THB 1,300 per person		Culinary Experience Seasonal Soup THB 1,300 per person		
2:00 pm – 3:00 pm	Thai Arts & Craft	Culinary Art (Miang Kam)	Flower Art (Lotus Folding)	Local Tea (Thai Iced Tea)	Culinary Art (Khanom Kho)	Flower Art (Pandan Leaf Folding)	Herbal Infusion Tea (Butterfly Pea)
4:00 pm – 5:00 pm	Kayak Sightseeing (Max 6)	Aquatic Exercise (Max 10)	Muay Thai (Max 4)	Kayak Sightseeing (Max 6)	Muay Thai (Max 4)	Aquatic Exercise (Max 10)	Muay Thai (Max 4)
5:00 pm – 5:30 pm	Pranayama Meditation (Max 8)	Sound Healing Meditation (Max 8)	Yoga Nidra (Max 8)	Crystal Sound Journey (Max 8)	Pranayama Meditation (Max 8)	Sound Healing Meditation (Max 8)	Yoga Nidra (Max 8)
6:30 pm	Sundown Ritual						

- Activities in bold and coloured boxes are complimentary. Kindly call our Guest Service at “0” to book any sessions.
- All other activities are available at THB 1,000 net per person for group classes and THB 2,500 per person for private classes.
- * Out-of-resort activities will be charged THB 2,000 per person
- Guests staying with us in Banyan Tree Wellbeing Sanctuary Villas can enjoy complimentary access to all our group wellbeing activities.
- Classes are subject to change without prior notice

Location:		Lobby		Complimentary Session
		Nature House		
		Fitness Pavilion		
		Wellbeing Center		