EXPERIENCE CALENDAR

BANYAN TREE SAMUI

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	Core Exercises for Beginners	Breathing Exercise **	Body Stretching	Core Exercises for Beginners

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.

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.

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