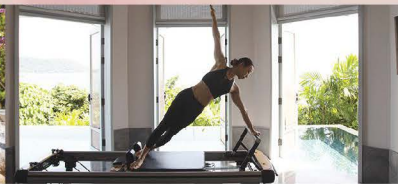


# WELLNESS ACTIVITIES CALENDAR

Date/ time	8.00-8.50	9.00-9.50	10.30-11.00 Wellness talks Complimentary	14.00-14.30 Complimentary	15.00-15.50	17.00-17.50
<b>Monday</b> <i>Sunrise gentle yoga</i> 6.30-7.20am @Sun & Moon	Yoga for concentration @Yoga sala	Stretching & Fitball @Fitness studio	Benefits of Colonic Hydrotherapy @Hotel library	Intro to Yoga nidra @Yoga sala	Muay Thai @Fitness studio	Flow yoga @Yoga sala
<b>Tuesday</b>	Yoga for Neck and Shoulder release @Yoga sala	Yoga nidra @Yoga sala	Why you have back pain @Hotel library	Walking Meditation @Beach	Cardio Dance @Fitness studio	Vinyasa yoga @Yoga sala
<b>Wednesday</b>	Hatha yoga @Yoga sala	HIIT workout @Fitness studio	Benefits of High Intensive Interval Training(HIIT) @Hotel library	Little stretch @Yoga sala	Pilates mat class @Fitness studio 800++/person	Flow yoga @Yoga sala
<b>Thursday</b>	Hatha yoga @Yoga sala	TRX @Fitness studio	Stress and Burnout management @Hotel library	Breathing exercise @Yoga sala	Aqua fitness @Retreat pool	Flow yoga @Yoga sala
<b>Friday</b>	Yoga for digestion @Yoga sala	Pranayama and meditation @Yoga sala	Better sleep for better health @Hotel library	Lower back pain relief exercise @Yoga sala	Muay Thai @Fitness studio	Vinyasa yoga @Yoga sala
<b>Saturday</b> <i>Sunrise yoga</i> 6.30-7.20am @Sun & Moon Complimentary	Yoga for Vitality @Yoga sala	Pilates mat class @Fitness studio	Enhance your digestion @Hotel library	Breathing exercise @Yoga sala	HIIT workout @Fitness studio	Yin yoga – deep stretch @Wellness library
<b>Sunday</b>	Hip opening @Yoga sala	Mindfulness meditation practice @Yoga sala	How to prevent 'Office Syndrome' and what you can do about it @Hotel library	Little stretch @Yoga sala	TRX @Fitness studio	Vinyasa yoga @Yoga sala



• Venue of activities can be changed according to weather condition. • This schedule is subject to change without notice. • 5 class pass can be purchased for 3,000++, valid for all group classes. • All rates are subject to 10% service charge and 7% government tax. • Kayaks and paddle boards are available for lending, free of charge, or 1,200++ with a teacher. • Tennis court is available free of charge, booking in 1 hour slots. • Tennis ball is available at the price of THB 300++ per box. • Tennis partner, if booked is 1,200++ baht and is at basic level only. • To book a class, please visit or call the spa reception (7701) or the fitness center (7815) between 10am-9pm. • All classes can be taken as private sessions, THB 2,200++ for individuals and 2,800++ for couples. Please book one day in advance. • Please allow two hours' notice for any cancellation to avoid 50% charge.

# GUIDE TO CLASSES

<b>Aqua fitness</b>	A fun, low impact workout that will assist both muscular strength and cardiovascular fitness.
<b>Breathing exercise</b>	A combination of gentle stretching and practices to improve lung capacity and quality of breathing.
<b>Flow yoga</b>	Experience a series of yoga postures done in a rhythmic flow synchronized with breathing to improve muscle flexibility, strength and endurance.
<b>Hatha yoga</b>	A lower intensity, traditional form of yoga that combines classical postures with breathing.
<b>HIIT workout</b>	High intensity interval training (HIIT) is a cardio based body weight workout that improves fitness and burns fat!
<b>Hip opening</b>	A Yoga to stretch and loosen tight hips, improve your range of motion and circulation.
<b>Yoga for neck and shoulder release</b>	A tailor-make Yoga session to release neck and shoulder tension and increase neck and shoulder range of motion.
<b>Yoga for digestion</b>	A Yoga movement that increase regulate bowels movement, and reduce digestive discomfort.
<b>Yoga for Vitality</b>	Focusing on the chest area to open and access the dormant energies which kept deep in the heart.
<b>Yoga for concentration</b>	The harmonization of breath and movement to calm the mind and ground the body, to bring awareness to the present moment.
<b>Little stretch</b>	A quick 30 minute session that focuses on flexibility.
<b>Lower back pain exercise</b>	A gentle stretching class focused on the lower back and its related muscle groups.
<b>Mindfulness meditation practice</b>	Learn simple yet powerful guided meditation practices for calming the mind, releasing worries and improving focus.
<b>Muay Thai</b>	A high intensity cardio class based on Thai boxing moves to enhance fitness, flexibility, muscle tone and fat burning!
<b>Pilates mat class</b>	Pilates mat is a system of exercises with specific breathing patterns that work to tone the whole body and improve core and back strength specifically.
<b>Cadio Dance class</b>	A dance workout to achieve your target heart rate, incorporate interval training, alternating fast and slow rhythms that work to tone the whole body.
<b>Pranayama and meditation</b>	Guided yogic breathing techniques combined with meditation principles to help calm, energize and focus.
<b>Stretching and fitball</b>	A mix of strength and stretching exercises using the fitball that will challenge balance and strength while also supporting better movement.
<b>TRX</b>	‘Total resistance exercise’; TRX uses one’s own body weight and a suspended strap with handles to improve core strength, body tone, alignment and coordination.
<b>Vinyasa yoga</b>	A more dynamic style of yoga that combines poses, yogic breathing and more rigorous flow for a stronger practice. This session is most suitable for those with some experience practicing yoga.
<b>Yin yoga</b>	Deep stretching postures held for 1-3 minutes to release deep fascia tension, promote the production of new oxygen cells and improve flexibility/mobility.
<b>Yoga nidra</b>	Yoga nidra is a powerful self-inquiry and relaxation technique that can bring gentle awakenings and be as restorative as sleep, while remaining fully conscious.