

Wellbeing Activities Timetable

Start	End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Unique Experiences</i>		<i>Hearty Recipes</i> 12.00 pm - 1.00 pm	<i>Mindful Art</i> 10.00 am - 11.00 am	<i>Common Ground</i> 5.00 pm - 5.30 pm	<i>*Pay It Forward</i> 12.00 pm - 1.30 pm	<i>*Thai Insight</i> 9.00 am - 12.00 pm	<i>Hearty Recipes</i> 12.00 pm - 1.00 pm	<i>*Merit Making</i> 6.30 am - 7.00 am
7.00 am	8.00 am	Functional Fitness	Neighborhood Cycle Conscious Grounding	Dawn Run Ocean Breath	Seaside Trek Sound Meditation	Neighborhood Cycle Conscious Grounding	Functional Fitness Ocean Breath	Seaside Trek Sound Meditation
8.30 am	9.30 am	Spinal Stretch	Yoga Basics	Core Pilates	Spinal Stretch	Yoga Basics	Core Pilates	Yoga Basics
10.00 am	11.00 am	Hydro Movement	HIIT Fit	Kayak Sights	Land Surf Balance	Local Language	Strength Building	Boot Camp Basics
11.00 am	12.00 pm	Body Tension Release	Daily Wellbeing	Positive Resilience	Counter Tech Moves	Body Tension Release	Nutrition for Vitality	Counter Tech Moves
1.00 pm	2.00 pm	*Thai Herbal Therapy	*Herbal Massage Oil	*Local Herbal Inhaler	*Herbal Potpourri	*Thai Herbal Therapy	*Local Herbal Inhaler	*Herbal Potpourri
2.00 pm	3.00 pm	Duo Stretch Core Pilates	Circuit Strength Yoga Duo	Spinal Stretch	Couple Cardio Core Pilates	ARKE Agility Pelvic Stretch	Muay Thai Yoga Duo	TRX Power Core Pilates
3.00 pm	4.00 pm	Posture Alignment	Mobility Assessment	Posture Alignment	Mobility Assessment	Posture Alignment	Mobility Assessment	Posture Alignment
4.00 pm	5.00 pm	Muay Thai	Body Stretch	Firm ABS	Muay Thai	Fat Blast	Interval Power	Body Stretch
4.30 pm	5.30 pm	Roller Recovery	Balance & Stability	Serendipity Time	Sole Foundation	Roller Recovery	Balance & Stability	Sole Foundation
5.30 pm	6.00 pm	Mindful Movement	Sleep Meditation	Healing Forgiveness	Laugh Exercise	Gratitude Meditation	Sleep Meditation	Compassion Meditation

- 👉 ARKE Agility
- 👉 Balance & Stability
- 👉 Body Tension Release
- 👉 Body Stretch
- 👉 Boot Camp Basics
- 👉 Circuit Strength
- 👉 Common Ground
- 👉 Compassion Meditation
- 👉 Conscious Grounding
- 👉 Counter Tech Moves
- 👉 Couple Cardio
- 👉 Core Pilates
- 👉 Dawn Run
- 👉 Daily Wellbeing
- 👉 Duo Stretch
- 👉 Fat Blast
- 👉 Functional Fitness
- 👉 Firm ABS
- 👉 Gratitude Meditation

Exercise to improve your daily function and mobility
 Discover your sense of balance and learn ways to improve it
 Learn the Thai art of muscle tension release
 Purposeful stretch for all-rounded tension release
 A circuit high intense workout to boost your cardio strength
 Muscle strengthening for everyone
 Join us to clean up the beach and raise environmental awareness
 Cultivate affection and appreciation for self and others through a calm meditation
 Experience a very different calming with a walk in the garden
 Essential tension release techniques for your joints and muscles
 Encouraging playful couple exercise to strengthen body and relationship
 Condition your core muscles with just a mat
 Explore a Naturopath's daily practice of wellness living
 Start the day on the right note with a refreshing jog and take in the flora and fauna of Laguna Phuket
 Stretch it out together
 A high intensity workout that pushes your aerobic and anaerobic systems
 Train your muscles to work together by simulating daily movement
 Strengthen and tone your abs in this series of impactful exercise
 Gratitude and breathing practice for a peaceful night's sleep

- 👉 Hearty Recipes
- 👉 Healing Forgiveness
- 👉 Herbal Massage Oil
- 👉 Herbal Potpourri
- 👉 HIIT Fit
- 👉 Hydro Movement
- 👉 Interval Power
- 👉 Kayak Sights
- 👉 Land Surf Balance
- 👉 Laugh Exercise
- 👉 Local Herbal Inhaler
- 👉 Local Language
- 👉 Merit Making
- 👉 Mindful Art
- 👉 Muay Thai
- 👉 Mindful Movement
- 👉 Mobility Assessment
- 👉 Neighborhood Cycle
- 👉 Nutrition for Vitality

Practical hearty cooking with a touch of Thai
 Experience emotional healing through meditation
 Create your personalised massage oil using Thai herbs and recipes
 Make your own natural aromatic potpourri with local herbs and flowers
 Mix of challenging aerobic and callisthenic exercises for whole body fitness
 An invigorating and fun water exercise
 An interval workout inspired by military training
 A watery tour of the Laguna Phuket's lagoon
 Fun practice on a Surf board to build strength and stability
 Laugh your stresses away and improve your wellbeing
 Create your own Herbal Inhaler to revive your senses
 Understand Thai language and art of Wai
 Witness the transcending act of alms giving
 Participate in the mindfulness practice of making Jasmine garland
 An introduction to the ancient martial art of Thailand
 A deliberate practice of essential daily movement
 Improve your functional mobility to reduce pain
 Explore the nearby town and hear personal tales of Phuket
 Enjoy the nourishment of nature to improve your wellbeing

- 👉 Ocean Breath
- 👉 Pay It Forward
- 👉 Positive Resilience
- 👉 Posture Alignment
- 👉 Pelvic Stretch
- 👉 Roller Recovery
- 👉 Seaside Trek
- 👉 Serendipity Time
- 👉 Sleep Meditation
- 👉 Sole Foundation
- 👉 Sound Meditation
- 👉 Spinal Stretch
- 👉 Strength Building
- 👉 Thai Herbal Therapy
- 👉 Thai Insight
- 👉 TRX Power
- 👉 Yoga Basics
- 👉 Yoga Duo

Rejuvenate through conscious breathing by the sea
 Recreate the flavours of Thai cooking, together with a local chef
 Building resilience through positivity
 Find your optimal body function with posture alignment
 Reduce hip tension and stretch it to improve your mobility
 Physical therapy for myofascial and muscle tissues
 Trek along the breezy Chermtalay beach with Nordic walking poles
 A time for wanderment
 Calming mind for good night rest
 Bring the spring back for the health of your foot
 Immerse in the soothing and meditative sound of A.U.M
 Condition your back with yoga inspired moves
 Use free weights to build muscles and bone density
 Feel the therapeutic qualities of a Thai herbal compress
 An insight to Buddhism and its way of living
 An intensive training using TRX to strengthen the upper body
 An introduction to the fundamentals of yoga
 Creating bond and connection through mutually assisted yoga

🚶	ARKE Agility	Add variety to your normal fitness routine by incorporating quick short movements to improve balance and agility.
👉	Balance & Stability	Learn the importance of balance and the role of your eyes, ears and joints in overall balancing. Improve your sense of balance and movement with the guidance of our practitioners.
👉	Body Tension Release	Discover the ancient art of Thai tension release from our wellbeing practitioner. Learn self-massage techniques to aid stress relief both for you and your partner.
🚶	Body Stretch	Learn how to stretch yourself in a safe and effective manner to release tension and increase your flexibility.
🚶	Boot Camp Basics	Experience the challenge of a high intensity cardio & strength class. Develop your cardiovascular endurance and lean muscle mass.
🚶	Circuit Strength	Strengthen your body and improve your endurance with an energising work out combining cardio, resistance and functional exercises.
🏠	Common Ground	Do your part for Mother Earth. Join Banyan Tree staff in their weekly clean up of the Cherngtalay beach.
👉	Compassion Meditation	Be kind to yourself and discover an ancient art of practice to increase appreciation towards yourself and others. Cultivate attitudes of affection, attention, and appreciation through this guided meditation.
👉	Conscious Grounding	Harness the Earth's energy by taking a slow barefoot walk through the garden. We will also guide you to raise your sensory awareness to develop a new appreciation of the natural environment.
👉	Counter Tech Moves	Learn more about how daily movements strain our joints and muscles. You will learn simple techniques to counter such strains and prevent future injuries.
👉	Couple Cardio	Develop better health practices and improve the bonding between couples. This cardio exercise will set the heart racing boost energy levels.
👉	Core Pilates	Engage your core muscles through fundamental Pilates practices Using just a mat, this activity will strengthen your core muscles and cultivate balance in your back muscles.
👉	Daily Wellbeing	Improve your overall wellbeing through a deeper understanding of a wellbeing practitioner's routine, practices and secret recipes.
🚶	Dawn Run	Start your day on a run through the flora and fauna of Laguna Phuket. Different route options are available for various levels of fitness.
👉	Duo Stretch	Try out our simple partner stretches to feel your body go into really deep stretches, as you help your partner do the same.
🚶	Fat Blast	Challenge yourself with this High Intensity Interval Training, that targets both aerobic and anaerobic systems.
🚶	Functional Fitness	Strengthen the muscle groups most essential for your daily movement, with this equipment free exercise that you can continue to practice anytime and anywhere.
🚶	Firm ABS	Exercise designed to tone your abdominal muscles by increasing strength and abdominal muscle mass.
👉	Gratitude Meditation	A guided meditation session to cultivate a sense of contentment through conscious breathing practices and appreciative mindset for the daily things in life.
🏠	Hearty Recipes	Learn to cook healthy and hearty dishes with a touch of Thai flavours from the Chef of our Saffron restaurant.
👉	Healing Forgiveness	Let go the past and learn to give love and forgiveness with more ease. Open your heart to each new moment with a wise loving kindness meditation.
🌿	Herbal Massage Oil	An insightful workshop that teaches you how to create your personalised therapeutic Thai herbal massage oil.
🌿	Herbal Potpourri	Create a personal potpourri mix with a touch of local inspiration of herbs and flowers.
🚶	HIIT Fit	A mix of aerobic exercises to boost adrenalin and increase the heartrate - based on High Intensity Interval Training principles.
🚶	Hydro Movement	Enjoy a fun and invigorating low-impact cardio activity in the water that will take the pressure off your bones, joints and muscles. Great for improving muscular strength and endurance.
🚶	Interval Power	Join us in this high intensity interval workout inspired by military training. Building your overall strength, power and endurance, for fitness enthusiast.
🚶	Kayak Sights	Tour through the lagoon in a kayak. Take in the aquatic flora and fauna on this expedition.
🚶	Land Surf Balance	Workouts inspired by one of the world's most athletic sports - surfing! Build stability, strength, power and body awareness.

👉	Laugh Exercise	Session designed to get people to laugh, combined with simple breathing techniques. An excellent way to feel lighter by reducing stress and tension.
👉	Local Herbal Inhaler	Hands on workshop to make a herbal inhaler using varieties of Thai herbs. The self-made inhaler will aid to relieve dizziness and motion sickness.
🚶	Local Language	Gain a deeper insight of Thai culture through learning its language and understanding the meaning of its various etiquette.
🏠	Merit Making	Witness the transcending act of alms giving. Experience a special insight on how Thais give merits for a better world.
🏠	Mindful Art	Practice mindfulness and train mental focus through making a traditional jasmine garland.
🚶	Muay Thai	An introduction to the ancient martial art of Thailand. Learn the fundamental techniques of Thai boxing while burning some calories.
👉	Mindful Movement	A deliberate practice to refocus and raise awareness of our daily movements. Regular practice improves mental concentration.
👉	Mobility Assessment	Determine your functional mobility through the assessment with our practitioner. This session will also unleash your potential to use your full range of motion in exercises.
🚶	Neighborhood Cycle	Cycle to a nearby town and discover an authentic insight of local people's life.
👉	Nutrition for Vitality	Learn how you can sustain your youthfulness and vitality through conscious nutrition.
	Ocean Breath	Begin your day with a guided meditation session by the beach. Experience the rejuvenating quality of breathing negative ions that pervades in seaside environment.
🏠	Pay It Forward	Interact with local underprivileged young adults through cooking. Partake in a hearty Thai lunch while listening to their stories.
👉	Positive Resilience	Explore how you can transform negativity into positive catalysts. Discover simple methods that help to reduce stress and anxiety, while uplifting your spirits and making you feel empowered.
👉	Posture Alignment	Gain a better understanding on your posture and find out your optimal body function through this workshop. Discover ways to prevent chronic muscle aches and increase your body awareness.
👉	Pelvic Stretch	A series of hip stretches exercise that will improve the flexibility and mobility of your hips and allow you to walk away from this class with happy hips!
👉	Roller Recovery	Learn self- massage techniques to release muscle tightness or trigger points using a foam roller. Helps to reduce pain and muscle soreness after your workouts.
🚶	Seaside Trek	Enjoy a morning trek along the breezy Bangtao beach with a pair of customized walking poles for a thorough upper body workout to burn calories.
🏠	Serendipity Time	'Take a leap into the 'unknown' and let it determines what this activity may bring to your day's learning on wellbeing.
👉	Sleep Meditation	Let go of distractions and calm your mind with this guided meditation for a good restorative rest.
👉	Sole Foundation	Determines your foot arch type and learn techniques such as self-massages and exercises to maintain the health of your feet.
👉	Sound Meditation	Start your day by immersing yourself in the soothing and meditative sound of A.U.M and understand the benefits of sound meditation.
👉	Spinal Stretch	Stretch your spine and condition your back with this yoga inspired practice. This practice also aids to develop stronger back muscles and improve spine alignment.
🚶	Strength Building	Learn the basics of strength training by using free weights. Helps to build and maintain the muscles and bones density.
🌿	Thai Herbal Therapy	Create your own personalised herbal pouch. Discover the traditional Thai practice of using Thai herbal compress to ease muscle aches and tensions.
🌿	Thai Insight	Visit a local temple and gain an insight to Buddhism and its way of living. Receive an opportunity to converse with a monk.
🚶	TRX Power	Total body resistance exercises by using TRX suspension ropes. Strengthen and improve your core stability for a better balance and stability.
👉	Yoga Basics	An introduction to the fundamentals of yoga. Gain basic knowledge of yoga and experience the benefits such as improving flexibility and muscle strength.
👉	Yoga Duo	Partake in this mutually assisted yoga to improve the bond and connection with your partner.