

# WELLBEING ACTIVITY TIMETABLE



BANYAN TREE  
SAMUI

When you book a stay at our Wellbeing Sanctuary, you can choose a variety of simple but impactful wellbeing activities.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30am – 9.30am	Yoga Asana	Resort Jogging	Yoga Sun Salutation	Resort Jogging	Yoga Sun Salutation	Yoga Asana	Body Stretching
10.00am – 11.00am	Healing Forgiveness Meditation **	Sense of Nature Walk	Breathing Exercise **	Duo Stretch	Breathing Exercise **	Gratitude Meditation **	Conscious Grounding **
11.30am – 12.30pm	House Reef Snorkelling	Introduction to Thai Boxing	Aqua Exercise	Sailing for Beginners	Aqua Exercise	Learn to Speak Thai	Sailing for Beginners
1.00pm – 2.00pm	-----	Hearty Recipes *	-----	Hearty Recipes *	-----	-----	-----
2.00pm – 3.00pm	Mindful Movement **	-----	Gratitude Meditation **	-----	House Reef Snorkelling	Mindful Movement **	Healing Forgiveness Meditation **
3.30pm – 4.30pm	Design Your Own Mocktail **	Explore Our Bay	Introduction to Thai Boxing	Sense of Nature Walk	Explore Our Bay	Design Your Own Mocktail **	Introduction to Thai Boxing
5.00pm – 6.00pm	Sound Meditation **	Duo Stretch	Sleep Meditation **	Learn to Speak Thai	Ocean Breath **	Sound Meditation **	Sleep Meditation **

-  **Aqua Exercise** Enjoy an invigorating low-impact cardio activity.
-  **Body Stretching** Learn to release tension and increase flexibility.
-  **Breathing Exercise** Strengthen your body and mind with breath control.
-  **Conscious Grounding** Take a barefoot walk through the garden.
-  **Design Your Own Mocktail** Infuse your preferred flavours into a tasty mocktail.
-  **Duo Stretch** Feel your body go into deep stretches together.
-  **Explore Our Bay** Discover the natural beauty of our location.
-  **Gratitude Meditation** Gratitude and breathing practice for peaceful rest.
-  **Healing Forgiveness Meditation** Experience emotional healing through meditation.
-  **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.
-  **Learn to Speak Thai** Gain a basic understanding of the Thai language.
-  **Mat Pilates** Condition your core muscles with just a mat.
-  **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 Meditation** Immerse yourself in the meditative sound of A.U.M.
-  **Yoga Asana** Explore various postures with controlled breathing.
-  **Yoga Sun Salutation** Energize yourself with a sequence of postures.

- \* Fees Apply    \*\* Non-Wellbeing Sanctuary Guests
-  Beach
  -  Library
  -  Lobby Lounge
  -  Main Pool
  -  Pool Bar
  -  The Edge
  -  Yoga Centre