

# 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
8:30 am – 9:30 am	Resort Jogging	Swimming Lesson	Body Weight Training	Tai Chi	Resort Jogging	Aqua Exercise	Body Weight Training
10:00 am – 11:00 am	Sense of Nature Walk	Yoga Asana	Yoga Sun Salutation	Sense of Nature Walk	Yoga Sun Salutation	Yoga Asana	Yoga Sun Salutation
1:00 pm – 2:00 pm	-----	Hearty Recipes *	Yoga for Kids (1.00pm – 1.30pm)	Hearty Recipes *	-----	-----	-----
2:00 pm – 3:00 pm	Sailing for Beginners	Healing Forgiveness Meditation ** (2.00pm – 2.30pm)	Gratitude Meditation ** (2.00pm – 2.30pm)	House Reef Snorkelling	Sailing for Beginners	House Reef Snorkelling	Healing Forgiveness Meditation ** (2.00pm – 2.30pm)
3:30 pm – 4:30 pm	Duo Stretch	Mindful Movement **	Breathing Exercise ** (3.30pm – 4.00pm)	-----	Breathing Exercise ** (3.30pm – 4.00pm)	Mindful Movement **	Conscious Grounding **
	Design Your Own Mocktail **	Explore Our Bay	Introduction to Thai Boxing	Explore Our Bay	Body Stretching	Pétanque	Introduction to Thai Boxing
5:00 pm – 6:00 pm	Football on the Lawn	Sound Meditation ** (5.00pm – 5.30pm)	Sleep Meditation ** (5.00pm – 5.30pm)	Table Tennis	Sound Meditation ** (5.00pm – 5.30pm)	Ocean Breath ** (5.00pm – 5.30pm)	Sleep Meditation ** (5.00pm – 5.30pm)

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|--------------------------|---|--------------------------------|---|-----------------------|---|
| Aqua Exercise            | Enjoy an invigorating low-impact cardio activity.     | Gratitude Meditation           | Gratitude and breathing practice for peaceful rest. | Resort Jogging        | Start the day on the right note with a refreshing jog.  |
| Body Stretching          | Learn to release tension and increase flexibility.    | Healing Forgiveness Meditation | Experience emotional healing through meditation.    | Sailing for Beginners | Set sail across the tranquil waters of our private bay. |
| Breathing Exercise       | Strengthen your body and mind with breath control.    | Hearty Recipes                 | Learn to cook healthy dishes using Thai flavours.   | Sense of Nature Walk  | Trek through our tropical sanctuary.                    |
| Conscious Grounding      | Take a barefoot walk through the garden.              | House Reef Snorkelling         | Explore our house reef on this guided journey.      | Sleep Meditation      | Calm your mind with this guided meditation.             |
| Design Your Own Mocktail | Infuse your preferred flavours into a tasty mocktail. | Introduction to Thai Boxing    | Learn the ancient martial art of Thailand.          | Sound Meditation      | Immerse yourself in the meditative sound of AUM.        |
| Duo Stretch              | Feel your body go into deep stretches together.       | Mindful Movement               | A deliberate practice of essential daily movement.  | Yoga Asana            | Explore various postures with controlled breathing.     |
| Explore Our Bay          | Discover the natural beauty of our location.          | Ocean Breath                   | Rejuvenate through conscious breathing by the sea.  | Yoga Sun Salutation   | Energize yourself with a sequence of postures.          |

\* Fees Apply

\*\* Fees Apply for  
Non-Wellbeing  
Sanctuary Guests

