WELLBEING ACTIVITY TIMETABLE



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)	

				200 Billion Billion (200 Billion Billion (200 Billion Billion (200 Billion Bil		\$42466 P. P. S. S.	
Aqua Exercise	Enjoy an invigorating low-impact cardio activity.	0	Gratitude Meditation	Gratitude and breathing practice for peaceful rest.	Ž	Resort Jogging	Start the day on the right note with a refreshing jog.
Body Stretching	Learn to release tension and increase flexibility.	0	Healing Forgiveness Meditation	Experience emotional healing through meditation.	Ž	Sailing for Beginners	Set sail across the tranquil waters of our private bay.
Breathing Exercise	Strengthen your body and mind with breath control.	0	Hearty Recipes	Learn to cook healthy dishes using Thai flavours.	台	Sense of Nature Walk	Trek through our tropical sanctuary.
Conscious Grounding	Take a barefoot walk through the garden.	Ž	House Reef Snorkelling	Explore our house reef on this guided journey.	0	Sleep Meditation	Calm your mind with this guided meditation.
Design Your Own Mocktail	Infuse your preferred flavours into a tasty mocktail	Ì	Introduction to Thai Boxing	Learn the ancient martial art of Thailand.	0	Sound Meditation	Immerse yourself in the meditative sound of A.U.M.
Duo Stretch	Feel your body go into deep stretches together.	0	Mindful Movement	A deliberate practice of essential daily movement.	0	Yoga Asana	Explore various postures with controlled breathing.
Explore Our Bay	Discover the natural beauty of our location.	Ĩ	Ocean Breath	Rejuvenate through conscious breathing by the sea.		Yoga Sun Salutation	Energize yourself with a sequence of postures.
	Stretching Breathing Exercise Conscious Grounding Design Your Own Mocktail Duo Stretch Explore	Body Stretching Breathing Exercise Strengthen your body and mind with breath control. Conscious Grounding Design Your Own Mocktail Duo Stretch Feel your body go into deep stretches together. Explore	Body Stretching Breathing Learn to release tension and increase flexibility. Breathing Learn to release tension and increase flexibility. Conscious Grounding Design Your Own Mocktail Duo Stretch Feel your body go into deep stretches together. Explore	Body Stretching Breathing Exercise Conscious Grounding Design Your Own Mocktail Duo Stretch Feel your body go into deep stretches together. Explore Enjoy an invigorating low-impact cardio activity. Meditation Healing Frogriveness Meditation Healing Healing Frogriveness Meditation Healing Frogriveness Meditation Hearty Recipes Frogriveness Meditation House Reef Snorkelling Introduction to Thai Boxing Mindful Movement	Body Stretching Learn to release tension and increase flexibility. Breathing Exercise Strengthen your body and mind with breath control. Conscious Grounding Take a bareloot walk through the garden. Design Your Own Mocktail Duo Stretch Feel your body go into deep stretches together. Meditation Healing Harbang Experience emotional healing through meditation. Healing through meditation. Hearty Recipes Learn to cook healthy dishes using Thai flavours Explore our house reef on this guided journey. Introduction to Thai Boxing Mindful Movement A deliberate practice of essential daily movement.	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 Duo Stretch Feel your body go into deep stretches together. Meditation Healing Experience emotional healing through meditation. 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. Duo Stretch Feel your body go into deep stretches together. Mindful Movement Movement Movement Movement Movement Movement Craditude and treatining practice for peaceful rest. Explore emotional healing through meditation. Explore our house reef on this guided journey. Mindful Movement A deliberate practice of essential daily movement.	Body Stretching Learn to release tension and increase flexibility Stretching Strengthen your body and mind with breath control. We defiation Grainude and treating practice for peacetul rest. Jogging Healing Fractice of Peacetul rest. Jogging Stretching Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath control. We therefore Strengthen your body and mind with breath cathering Strengthen St

* Fees Apply

** Non-Wellbeing Sanctuary Guests

Fees Apply for











