















































# WELLBEING ACTIVITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:30am – 8:00am	Conscious Grounding Seaside Walk  	Abs Express 	Neighborhood Cycling 	Breathing Exercise 	Body Stretch 	Mindful Walking Meditation 	Breathing Exercise Weights Training  	
8:30am – 9:30am	Body Function Movement 	Core Pilates 	Gentle Yoga 	HIIT Workout 	Gentle Yoga 	Body Function Movement 	Core Pilates 	
10:00am – 11:00am	Herbal Tea Workshop 	Thai Herbal Compress Workshop 	Herbal Massage Oil Workshop 	Natural Herbal Inhaler Workshop 	Herbal Tea Workshop 	Herbal Massage Oil Workshop 	Herbal Potpourri Workshop 	
12:00pm – 1:00pm			Healthy Raw Cooking 			Healthy Raw Cooking 		
2:30pm – 3:30pm	Counter Tech Moves Workshop 	Postural & Balance Assessment 	Spinal Stretch 	Yoga Duo 	Counter Tech Moves Workshop 	Spinal Stretch 	Better Sleep Workshop 	
4:00pm – 5:00pm	Aquatic Exercises 	Kayak Sightseeing 	Muay Thai (Max6) 	Fit Together Cardio 	Muay Thai (Max 6) 	Duo Stretch 	TRX & Kettlebell 	
5:00pm – 5:30pm	Forgiveness Meditation 	Sound Healing Meditation 	Sleep Meditation 	Gratitude Meditation 	Sound Healing Meditation 	Sleep Meditation 	Sound Healing Meditation 	

- Activities marked in **Green** are complimentary sessions for all. The rest of the wellbeing activities will be charged THB 1,000 net per person for group classes and THB 2,500 per person for private classes
- Guests staying with us in Banyan Tree Wellbeing Sanctuary Villas can enjoy complimentary access to all our group wellbeing activities.
- For private classes, please contact our practitioners on EXT. 6950,6956