

Lunar New Year 2025 Resort Activity Schedule

Saturday, 25 January 2025

8:00 - 9:00	Aura Meditation
11:00 - 12:00	Nutrition Workshop
14:00 - 15:00	Restorative Yoga
16:00 - 17:00	Gratitude Meditation

Sunday, 26 January 2025

8:00 - 9:00	Yoga Purify
11:00 - 12:00	Healing Singing Bowls
14:00 - 15:00	Hip Opening Yoga
16:00 - 17:00	Mantra Meditation

Monday, 27 January 2025

8:00 - 9:00	Meditation and Pray
11:00 - 12:00	Better Sleep Workshop
14:00 - 15:00	Backbend Yoga
16:00 - 17:00	Body Scan Meditation



Lunar New Year 2025 Resort Activity Schedule

Tuesday, 28 January 2025 - Lunar New Year's Eve

8:00 - 9:00	New Year Sun Salutation
9:00 - 10:00	Traditional Games: Shuttlecock Kicking
10:00 - 11:00	Traditional Toy: To He Making
11:00 - 12:00	Tet Five-fruit Tray Decoration Contest *
	Better Sleep Workshop
12:00 - 13:00	Tet Tree Planting and Wishes
13:00 - 14:00	Neu Pole Erecting Ceremony
14:00 - 15:00	Neu Pole Painting Contest *
	Backbend Yoga
14:00 - 17:00	Chung Cake Making
15:00 - 16:00	Foam & Bubble Party
16:00 - 17:00	Traditional Games: The Feast
	Body Scan Meditation
17:00 - 18:00	Blind-folded Clay Pot Smashing

* Activities come with a prize for the winner



Lunar New Year 2025 Resort Activity Schedule

Wednesday, 29 January 2025 - First day of Lunar New Year

7:45 - 8:30	Sprit House – Internal Prayers
8:00 - 9:00	Mindful Walk
9:00 - 10:00	Lion Dance
10:00 - 11:00	Pick a Lucky Envelope
11:00 - 12:00	Pagoda Excursion
	Nutrition Workshop
13:00 - 14:00	Clown & Balloon Art
14:00 - 15:00	Core Strength Yoga
15:00 - 16:00	Bingo Show *
16:00 - 17:00	Foam & Bubble Party
	Deep Relaxation
	Traditional Games: The Feast
17:00 - 18:00	Tet Kite Making & Flying

* Activities come with a prize for the winner



Lunar New Year 2025

Resort Activity Schedule

Thursday, 30 January 2025 - Second day of Lunar New Year

9:00 - 10:00	Traditional Games: Blind Man's Bluff
10:00 - 11:00	Slow Cycling Race *
11:00 - 12:00	Family Conical Hat Painting Contest *
13:00 - 14:00	Clown & Balloon Art
	Calligraphy Given by The Scholar
15:00 - 16:00	Gunny Sack Racing *
15:00 - 17:00	Candy Coconut Cooking Class
16:00 - 17:00	Foam & Bubble Party
	Traditional Games: The Feast
17:00 - 18:00	Blind-folded Clay Pot Smashing

* Activities come with a prize for the winner



Lunar New Year 2025 Resort Activity Schedule

Friday, 31 January 2025 - Third day of Lunar New Year

9:00 - 10:00	Traditional Games: Shuttlecock Kicking
10:00 - 11:00	Traditional Toy: To He Making
11:00 - 12:00	Tet Five-fruit Tray Decoration Contest *
13:00 - 14:00	Clown & Balloon Art
	Traditional Toy: Capture the Flag
14:00 - 15:00	Family T-shirt Painting Contest *
15:00 - 16:00	Bingo Show *
16:00 - 17:00	Foam & Bubble Party
	Traditional Games: The Feast
17:00 - 18:00	Tet Kite Making & Flying

* Activities come with a prize for the winner



Lunar New Year 2025

Resort Activity Schedule

Saturday, 01 February 2025 - Fourth day of Lunar New Year

9:00 - 10:00	Traditional Games: Blind Man's Bluff
10:00 - 11:00	Slow Cycling Race *
11:00 - 12:00	Family Conical Hat Painting Contest *
13:00 - 14:00	Tet Tree Planting and Wishes
15:00 - 16:00	Gunny Sack Racing *
15:00 - 17:00	Candy Coconut Cooking Class
16:00 - 17:00	Foam & Bubble Party
	Traditional Games: The Feast
17:00 - 18:00	Blind-folded Clay Pot Smashing

* Activities come with a prize for the winner

