

Daily Wellbeing Activities

Start	End	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Unique Experiences</i>		<i>Mindful Art</i> 10.30 am - 11.00 am	<i>Merit Making</i> 6.30 am - 7.00 am	<i>Common Ground</i> 5.00 pm - 5.30 pm	<i>Pay It Forward</i> 12.00 pm - 1.30 pm	<i>Leaf Legacy</i> 10.30 am - 11.00 am	<i>Thai Insight</i> 9.00 am - 12.00 pm	<i>Evening Dance</i> 7.00 pm - 8.00 pm
7.00 am	8.00 am	Seaside Trek	Line Stretch Ocean Breath	Neighborhood Cycle	Dynamic Steps Conscious Grounding	Line Stretch	Seaside Trek Sound Meditation	Dawn Run
8.30 am	9.30 am	Cardio Rotation Spinal Stretch	Core Pelvic Strength Yoga Basics	Interval Power Spinal Stretch	Core Pelvic Strength Mat Pilates	Cardio Rotation Yoga Basics	Spinal Stretch	Thai Boxing Basics Yoga Basics
10.00 am	11.00 am	Herbal Therapy		Body Tension Release		Herbal Therapy Yoga For Men	Circuit Strength	Body Tension Release
10.30 am	11.30 am		Daily Naturopathy		Positive Resilience			
11.00 am	12.00 pm	Thai Boxing Basics	Local Language	Power Punch		Thai Boxing Basics	Nutrition for Vitality	Aqua Play
12.00 pm	1.00 pm	Counter Tech Moves Hearty Recipes	Daily Agility	Mindful Movement	Daily Agility	Roller Recovery	Daily Agility Hearty Recipes	Mindful Movement
2.00 pm	3.00 pm	Mat Pilates	Posture Alignment	Mat Pilates	Posture Alignment	Mat Pilates	Posture Alignment	Spinal Stretch
3.00 pm	4.00 pm	Free Rhythm Posture Alignment	Dynamic Steps Yoga Duo	Power Ropes Posture Alignment	Muay Thai Combat Spinal Stretch	Aqua Play Posture Alignment	Power Punch Yoga Duo	Power Ropes Posture Alignment
4.30 pm	5.30 pm	Slow Stretch Balance Tuning	Serendipity Time Spinal Stretch	Slow Stretch Roller Recovery	Slow Stretch Sole Foundation	Slow Stretch Balance Tuning	Serendipity Time Mat Pilates	Slow Stretch Sole Foundation
8.30 pm	9.00 pm			Gratitude Meditation			Sleep Meditation	

- 🌊 Aqua Play
- 👤 Balance Tuning
- 👤 Body Tension Release
- 🏃 Cardio Rotation
- 🔄 Circuit Strength
- 🌿 Common Ground
- 👤 Conscious Grounding
- 🏃 Core Pelvic Strength
- 🌿 Counter Tech Moves
- 🏃 Daily Agility
- 🌿 Daily Naturopathy
- 🏃 Dawn Run
- 🏃 Dynamic Steps
- 🌿 Evening Dance
- 🏃 Free Rhythm
- 👤 Gratitude Meditation

An invigorating and fun water exercise
 Improve your sense of balance and movement
 Learn the Thai art of tension release
 Cardio exercise for weight loss
 Muscle strengthening for everyone
 Join us to clean up the beach and raise environmental awareness.
 A slow, calming walk in the garden
 Building the core for increased lower body strength and stability
 Learn essential tension release techniques
 Exercise to improve your daily function and mobility
 Explore a Naturopath's daily practice of wellness living
 Experience the flora and fauna of Laguna Phuket
 Step-up to a fun and dynamic cardio exercise
 Creating memories together
 Unleash the groovy side of you through dance
 Gratitude and breathing practice for a good night sleep

- 🌿 Hearty Recipes
- 🌿 Herbal Therapy
- 🏃 Interval Power
- 🌿 Leaf Legacy
- 🏃 Line Stretch
- 🌿 Local Language
- 👤 Mat Pilates
- 🌿 Merit Making
- 🏃 Mindful Movement
- 🏃 Muay Thai Combat
- 🏃 Neighborhood Cycle
- 🌿 Nutrition for Vitality
- 🌿 Ocean Breath
- 🌿 Pay It Forward
- 🌿 Positive Resilience

Practical Hearty Cooking with a touch of Thai
 Feel the therapeutic qualities of a Thai Herbal Compress
 An interval workout inspired by military training
 Contribute to making the earth greener
 Stretch and lengthen the bodyline
 Understand Thai language and art of Wai
 Achieve core muscle conditioning with just a mat
 Witness the transcending act of alms giving
 The mindfulness practice in making Jasmine garland
 A deliberate practice of essential daily movement
 Using the art of Muay Thai to combat frontal assaults
 Explore the nearby town and hear personal tales of Phuket
 Enjoy the nourishment of nature
 Rejuvenate through conscious breathing by the sea
 Make Thai food with a young local cook
 Building resilience through positivity

- 🌿 Posture Alignment
- 🏃 Power Punch
- 🏃 Power Ropes
- 👤 Roller Recovery
- 🌿 Seaside Trek
- 🌿 Serendipity Time
- 👤 Sleep Meditation
- 🏃 Slow Stretch
- 🌿 Sole Foundation
- 👤 Sound Meditation
- 👤 Spinal Stretch
- 🏃 Thai Boxing Basics
- 🌿 Thai Insight
- 👤 Yoga Basics
- 👤 Yoga Duo
- 👤 Yoga For Men

Find your optimal body function with posture alignment
 Power punch to a fitter you
 An intensive training to strengthen the upper body
 Physical therapy for myofascial and muscle tissues
 A trek along the breezy Chermgtalay beach with Nordic walking poles
 Time to wander
 Calming mind for good night rest
 Purposeful stretch for all-rounded tension release
 Bring the spring back for the health of your foot
 Immerse in the soothing and meditative sound of A.U.M
 Yoga inspired practice that conditions the back
 An introduction to the ancient martial art of Thailand
 An insight to Buddhism and its way of living
 An introduction to the fundamentals of yoga
 Creating bond and connection through mutually assisted yoga
 Practices that improve a man's vitality and flexibility

