

06.30 - 07.00

TAI CHI *on The Beach*

09.00 - 10.00

MEDITATION *at DO Farm*

10.00 - 10.30

TREE HUGGING *at Spa Garden*

10.00 - 11.30

KID ORGANIC FARM TOUR *at DO Farm*

11.00 - 11.30

STRETCHING ACTIVITY *at Spa Garden*

14.00 - 14.30

TREE HUGGING *at Spa Garden*

15.00 - 15.30

YOGA FITBALL *at Spa Garden*

16.00 - 17.00

MEDITATION *at DO Farm*

16.00 - 17.30

KID'S TENT OF FUN *at The Garden*

17.00 - 17.30

AEROBIC MUAY THAI *at Spa Garden*

17.30 - 18.00

KAOSHIKI DANCE *at Spa Garden*
JOGGING TO DO FARM *at DO FARM*

18.00 - 18.30

SUNSET YOGA *on The Beach*

Please note this complimentary activities require advance reservation and maximum 8 person per activity.

Book your desired activity with our wellness reception at +66 3252 0003 Ext. 2908 - 2909