



Guest Activities And *Wellness* Programmes

Date/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 to 7:00	Yoga	Tai Chi	Yoga	Tai Chi	Yoga	Tai Chi	Yoga
Venue: Beachfront							
9:00 to 9:30		Meditation Practice - Living In The present		Meditation Practice - Living In The present		Meditation Practice - Living In The present	
Venue: Devarana Wellness Centre's Lawn							
10:00 to 10:30	Tree Hugging For Energy Absorption		Tree Hugging For Energy Absorption		Tree Hugging For Energy Absorption		Tree Hugging For Energy Absorption
Venue: Devarana Wellness Centre's Lawn							
13:00 to 13:30	Fitball	Body Weight	Fitball	Body Weight	Fitball	Body Weight	Fitball
Venue: Devarana Wellness Centre							
16:00 to 16:30	Meditation Practice - Living In The present		Meditation Practice - Living In The present		Meditation Practice - Living In The present	16:00 - 19:00 Dip & Sip, Music By The Pool Venue: Main Pool	Meditation Practice - Living In The present Venue: Devarana Wellness Centre's Lawn
Venue: Devarana Wellness Centre's Lawn							
17:00 to 17:30	Aerobic Muay Thai	Sunset Yoga	Aerobic Muay Thai	Sunset Yoga	Aerobic Muay Thai	Aqua Aerobic Venue: Main Pool	Aerobic Muay Thai Venue: Devarana Wellness Centre's Lawn
Venue: Devarana Wellness Centre's Lawn							
17:30 to 18:30	Beach Volleyball/ Frisbee Venue: Beachfront						
18:00 to 19:00						Bonfire Kids' Camp Out [THB 350/kid] Venue: Beachfront	
20:30 to midnight						PARA RECORDAR Music, Vibes & Fire NÓMADA	

*All activities are inclusive to in-house guests

**Daily programmes are subject to change without prior notice



Kids Programmes

Date/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 to 8:00	Junior Tai Chi	Junior Yoga	Junior Tai Chi	Junior Yoga	Junior Tai Chi	Junior Yoga	Junior Tai Chi
Venue: Beachfront							
10:00 to 11:00	Ceramic Painting [THB 60]	Cap Painting [THB 150]	Gel Candle Making [THB100-200]	Plant Pot Painting [THB 150]	Bag Painting [THB 150-250]	Ceramic Painting [THB 60]	Kite Making [THB 100]
Venue: Kids Club							
11:15 to 12:15	Hawaii Necklace Making [THB 150]	Gel Candle Making [THB100-200]	Cap Painting [THB 150]	Bag Painting [THB 150-250]	Gel Candle Making [THB100-200]	Painting [THB 150-250] Venue: Kids Club	Hawaii Necklace Making [THB 150] Venue: Kids Club
Venue: Kids Club							
14:00 to 14:30	Junior Thai Kick	Junior Dance Floor	Junior Thai Kick	Junior Dance Floor	Junior Thai Kick	13:00 to 17:00 Art & Craft 15:30 to 16:30 Make A Horse A Friend Venue: The Stable	Junior Dance Venue: Garden Pool
Venue: Garden Pool							
15:15 to 16:15	Kite Making [THB 100]	Toothpaste Making [THB 100]	Kite Making [THB 100]	Toothpaste Making [THB 100]	Kite Making [THB 100]	Venue: The Stable	Gel Candle Making [THB100-200] Venue: Kids Club
Venue: Kids Club							
17:30 to 18:30	Beach Volleyball/ Frisbee Venue: Beachfront						
18:00 to 19:00	Eggs Decoration	Fancy Mask Making	Sand Painting	Pencil Holder Making	Toothpaste Making [THB 100]	Bonfire Kids' Camp Out [THB 350] Venue: Beachfront	Fancy Mask Making Venue: Kids Club
Venue: Kids Club							

*Activities are available for kids aged 4-12 years old

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DISCLAIMER:
The hotel and Kids Club are committed to maintaining the security and confidentiality of personal information in accordance with applicable privacy legislation | The hotel reserves the right to remove any child who is being disruptive | The hotel cannot be held liable for any accidents or injuries of children | For the wellbeing of all, any children showing symptoms of illness will not be allowed to enter Kids' Club. Any children showing symptoms of illness will not be allowed to enter Kids' Club. Any children that get sick while in Kids' Club will have to be collected by parents immediately | Anyone causing any damage to Kids' Club will be held responsible and will be charged according to the damage done | The hotel cannot be held responsible for any lost items or items left behind.