



Balance Wellness Activities

Are you searching for the right balance between health and indulgence? Discover a uniquely flexible approach to feeling good on holiday with an inspirational choice of wellness experiences available throughout your stay.

Date	Activity	Time	Venue
September 13 th	Balance Seminar: Oriental Emotional Wisdom	3:30pm – 4:00pm	The Library
September 13 th	Balance Activity: Oriental Stretching (limited to 5 participants)	5:00pm – 5:45pm	Lotus Pond
September 14 th	Balance Activity: Group Mat Pilates (THB 1,800++ per person; max 6 participants, min 3 participants)	10:00am – 11:00am	Lotus Pond
September 14 th	Balance Seminar: Oriental Emotional Wisdom	3:30pm – 4:00pm	The Library
September 15 th	Balance Seminar: The Body Clock	3:30pm – 4:00pm	The Library
September 15 th	Balance Activity: Contemplative Walking Journey	5:00pm – 5:45pm	Grass
September 16 th	Balance Seminar: Food as Medicine	3:30pm – 4:00pm	The Library
September 16 th	Balance Activity: Group Mat Pilates (THB 1,800++ per person; max 6 participants, min 3 participants)	5:00pm – 6:00pm	Lotus Pond
September 17 th	Balance Activity: Oriental Water Stretching (limited to 5 participants)	5:00pm – 5:45pm	Spa Pool

Kindly advise your booking in advance to our guest services centre. Dial 0.
 Program cancellation will be automatically applied if there is no guest attendance within 15 minutes.
 Dependant on weather, classes and venues are subject to change.
 Activities with charge are subject to 7% VAT and 10% service charge.