Wellness Calendar
From 1-15 August 2026

Your complete guide to mindful movement, restorative practices, and creative wellness experiences at our luxury resort.

Your Daily Wellness Rhythm

Each day offers a carefully curated selection of complimentary movement classes, wellness talks, and optional creative experiences. Whether you seek gentle restoration or dynamic conditioning, our schedule supports your personal wellness journey throughout January.

01

Morning Awakening

Start your day with energizing yoga, aquatic flow, or mindful Muay Thai foundation practices from 8:00-9:50 AM

02

Midday Reset

Join complimentary wellness talks at 1:00 PM or rejuvenating stretch sessions designed for travelers

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Afternoon Conditioning

Build strength with functional HIIT, circuit training, or boxing flows from 2:00-3:00 PM

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Evening Precision

Specialized classes including TRX, Pilates, and core intelligence training (THB 1,000++ per class)

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Creative Wellness

Express yourself through ceramic painting, candle making, or soap creation workshops

Weekly Schedule at a Glance (group Class from 1-15 August 2026)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:50 @Synergy	Awaken Flow Yoga	Sunrise Hatha Yoga	Aqua Vitality Flow @ Senses Pool (Max 10)	Sunrise Hatha Yoga	Aqua Vitality Flow @ Senses Pool (Max 10)	Hatha Yoga	Gentle Yoga
9:00-9:50 @Synergy	Core Flow & Alignment	Muay Thai Foundations	Low Impact Metabolic Reset	Postural Flow	Muay Thai Foundations	Metabolic Reset	Core Flow
1:00-1:30 @Synergy	Spine Reset for Travel Bodies	'Discover the ALIGN Approach'	Gentle Mobility for Longevity	'Discover the ALIGN Approach'	Dynamic Stretch	'Discover the ALIGN Approach'	Digestive Health Talk @ Stories Room
2:00-3:00 @Synergy	Aero Flow Boxing	Functional HIIT	Circuit Conditioning	Aero Flow Boxing	TRX Precision (Max 7)	Metabolic TABATA	Functional Bodyweight
2:00-3:30 @Serene	🎨 CREATIVE: Ceramic Painting 1,200++	🕯️ CREATIVE: Soy Candle Making 1,000++	🎨 CREATIVE: Ceramic Painting 1,200++	🧼 CREATIVE: Glycerin Soap 1,000++	🎨 CREATIVE: Ceramic Painting 1,200++	🕯️ CREATIVE: Soy Candle Making 1,000++	🧼 CREATIVE: Botanical Soap 1,000++
4:00-4:50 @Synergy	TRX Precision (Max 7) 1,000++	Core Intelligence 1,000++	Intermediate Mat Pilates 1,000++	Core Intelligence 1,000++	Fitball Training (Max 10) 1,000++	Intermediate Mat Pilates 1,000++	HIIT Intelligence 1,000++

Class Descriptions & Benefits

Restorative & Mindful Movement

Awaken Flow & Hatha Yoga: Begin your day with traditional postures combined with conscious breathing. Perfect for all levels seeking gentle, meditative practice.

Aqua Vitality Flow: Low-impact aquatic exercises that improve cardiovascular health, reduce stress, and build muscular endurance in our serene pool environment.

Static & Dynamic Stretching: Release tension through held stretches (static) or prepare muscles for movement with controlled sequences (dynamic).

Spine Reset & Lower Back Relief: Targeted sessions addressing travel-related tension and promoting spinal decompression for optimal alignment.

Strength & Conditioning

Core Intelligence Training: Build internal stability and external strength using bodyweight and specialized equipment for functional core power.

TRX Precision Strength: Suspended resistance training that enhances alignment, coordination, and full-body tone using your own weight.

HIIT & TABATA: High-intensity intervals that elevate heart rate into anaerobic zones, maximizing calorie burn during and after your workout.

Circuit Conditioning: Cycle through diverse exercises targeting multiple muscle groups with minimal rest for comprehensive strength development.

Discover the ALIGN Approach: Explore how posture, the nervous system, and mindful movement can transform the way you feel.

Aero Flow Boxing

Combines aerobic movement with boxing-inspired punches and kicks (no contact). An empowering cardio experience that builds confidence and endurance.

Muay Thai Foundations

Mindful introduction to traditional Thai boxing. Learn fundamental stances, techniques, and self-defense in a safe, beginner-friendly environment.

Fitball Neuromuscular

Challenge balance and coordination while building strength through supported movements. The instability enhances proprioception and core engagement.

Creative Wellness Experiences

Complement your physical practice with hands-on creative rituals that engage mindfulness, artistic expression, and sensory awareness. These intimate group sessions foster connection while you craft beautiful, personalized wellness products to take home.

1

Mindful Ceramic Painting Ritual

THB 1,200++ per person

Discover your creative flow in our intimate SERENE room (maximum 4 guests). Select your ceramic piece and apply mindful brushstrokes, creating a unique keepsake that reflects your personal wellness journey.

Available: Monday, Wednesday, Friday

2

Natural Soy Candle Alchemy

THB 1,000++ per person

Learn the art of candle making using pure soy wax and aromatic essential oils. Craft your personalized scented candle in our welcoming group setting (maximum 6 guests).

Available: Tuesday, Saturday

3

Botanical Glycerin Soap Creation

THB 1,000++ per person

Design beautiful, artisanal soap bars using botanical glycerin base. Mix colors, add natural fragrances, and create custom patterns in this hands-on workshop (maximum 6 guests).

Available: Thursday, Sunday

Important Booking Information

- **Creative activities require advance booking**
- **Advance booking required** — Walk-ins cannot be accommodated. Contact spa reception at ext. 7710 or 7711 (10:00 AM - 9:00 PM)
- **Private sessions available** — Book one day in advance for personalized instruction at your preferred time
- **Complimentary amenities** — Kayaks, paddleboards, and tennis court available free (tennis balls THB 300++ per box, tennis partner THB 1,200++)
- **Weather-dependent changes** — Venues may be adjusted based on conditions. Schedule subject to modification without notice
- **Pricing notice** — All rates subject to 10% service charge and 7% government tax. Creative activity pricing cannot combine with other promotions or spa credits