



WELLNESS CLASSES AND HOTEL ACTIVITIES

DATE	TIME	SESSION	VENUE
Monday	8.30 AM - 9.15 AM	Pranayama & Sound Therapy	Higher Purpose Room
	9.30 AM - 10:15 AM	Morning Yoga	Higher Purpose Room
	14:00 PM - 14:30 PM	The Art of Napkin Folding	The Garden Restaurant
Tuesday	8.30 AM - 9.15 AM	Mindfulness & Sound Healing	Higher Purpose Room
	9.30 AM - 10:00 AM	How to make Thai herbal Inhaler	Higher Purpose Room
	10.30 AM - 11.15 AM	Tai chi	Higher Purpose Room
	14:00 PM - 14:30 PM	Basic Thai Speaking	The Library
Wednesday	8.30 AM - 9.15 AM	Sound Bath	Higher Purpose Room
	9.30 AM - 10:15 AM	Introduction to Pa Khao Ma Partner Massage	Higher Purpose Room
	10.30 AM - 11.15 AM	Bamboo Exercise (Limited 6 person / Class)	Higher Purpose Room
	14:00 PM - 14:30 PM	Towel Animal Folding	The Library
Thursday	8.30 AM - 9.15 AM	Meditation & Sound Healing	Higher Purpose Room
	9.30 AM - 10:00 AM	How to make Thai herbal compress	Higher Purpose Room
	10.30 AM - 11.15 AM	Qi Gong	Higher Purpose Room
	14:00 PM - 14:30 PM	The Art of Napkin Folding	The Garden Restaurant
	14:00 PM - 14:30 PM	Lanna Flag Making	The Library
Friday	8.30 AM - 9.15 AM	Mat Pilates	Higher Purpose Room
	9.30 AM - 10:15 AM	Mindfulness & Sound Healing	Higher Purpose Room
	10.30 AM - 11.00 AM	How to make Thai herbal Inhaler	Higher Purpose Room
	14:00 PM - 14:30 PM	Towel Animal Folding	The Library
Saturday	8.30 AM - 9.15 AM	Sound Bath	Higher Purpose Room
	9.30 AM - 10:00 AM	How to make Thai herbal compress	Higher Purpose Room
	10.30 AM - 11.15 AM	Bamboo Exercise (Limited 6 person / Class)	Higher Purpose Room
	14:00 PM - 14:30 PM	Basic Thai Speaking	The Library
	14:00 PM - 14:30 PM	Lanna Flag Making	The Library
Sunday	8.30 AM - 9.15 AM	Thai Yoga	Higher Purpose Room
	9.30 AM - 10:15 AM	Mindfulness & Sound Healing	Higher Purpose Room
	10.30 AM - 11.15 AM	Self- Care for Office Syndrome	Higher Purpose Room
	14:00 PM - 14:30 PM	The Art of Napkin Folding	The Garden Restaurant

We are delighted to offer wellness activities as part of your stay at Aleenta Retreat Chiangmai. These activities have been designed to help you rejuvenate and enhance your overall well-being. Please take note of the following details regarding these activities:

Age & Health Guidelines: Wellness classes are suitable for guests aged 12 years and above. Children under 12 must be accompanied by a parent or guardian. Some classes may not be suitable for guests with certain health conditions or physical limitations. Please inform our wellness team in advance.

Charges for Subsequent: The first wellness class is a complimentary for all our guests. These class is aimed at providing a refreshing experience during your stay. From the second class onwards be cost for joining a class as part of a group will be **THB 800++ per person**. If you prefer a private session the cost will be **THB 2,500++ per couple**.

Reservation: To secure your spot in the wellness classes, please make a reservation in advance at least 4 hours before the scheduled time, each class has a maximum limit of 10 participants.

Cancellation Policy: If a class does not have any reservations made 4 hours prior to the scheduled time, we may have to cancel the class.

Arrival and Registration: We kindly request that you arrive at the class at least 5 minutes before the scheduled time for registration process and prevent any disruptions to the class. Please be advised that once a class has started, we cannot accommodate late arrivals beyond the first 5 minutes.

Changes to Wellness Activities: Please note that the wellness activities offered may be subject to change based on operational requirements. We will strive to provide alternative options if any changes occur.



Aleenta Retreat Chiangmai

189 | Soi Ban Mai Lang Mo 18, Suthep | Muang | Chiangmai 50200 | Thailand
Tel: +66(0) 52 090 333 | www.aleenta.com