



WELLNESS ACTIVITIES

ALEENTA RETREAT CHIANG MAI

| Date | Time | Session |
|-----------|---------------------|---|
| Monday | 8.30 AM - 9.15 AM | Pranayama & Sound Therapy |
| | 10.30 AM - 11.15 AM | Morning Yoga |
| Tuesday | 8.30 AM - 9.15 AM | Meditation & Sound Healing |
| | 10.30 AM - 11.15 AM | Qi Gong |
| | 13.00 PM - 13.45 PM | How to make Thai herbal Inhaler |
| Wednesday | 8.30 AM - 9.15 AM | Sound Bath |
| | 10.30 AM - 11.15 AM | Bamboo Exercise (Limited 6 person / Class) |
| | 13.00 PM - 13.45 PM | Introduction to Self massage |
| Thursday | 8.30 AM - 9.15 AM | Meditation & Sound Healing |
| | 10.30 AM - 11.15 AM | Qi Gong |
| | 13.00 PM - 13.45 PM | How to make Thai herbal compress |
| Friday | 8.30 AM - 9.15 AM | Easy & Relax (Yoga for beginner) |
| | 13.00 PM - 13.45 PM | Introduction to Self massage |
| Saturday | 8.30 AM - 9.15 AM | Sound Bath |
| | 10.30 AM - 11.15 AM | Bamboo Exercise (Limited 6 person / Class) |
| | 13.00 PM - 13.45 PM | How to make Thai herbal compress |
| Sunday | 8.30 AM - 9.15 AM | Thai Yoga |
| | 13.00 PM - 13.45 PM | How to make Thai herbal Inhaler |

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:

Charges for Subsequent: The first two wellness classes are complimentary for all our guests. These classes are aimed at providing a refreshing experience during your stay. From the third class onwards be cost for joining a class as part of a group will be **THB 500++ per person**. If you prefer a private session the cost will be **THB 1,900++ 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 10 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