



WELLNESS ACTIVITIES

ALEENTA PHUKET – PHANG NGA

| | TIME | SESSION | VENUE |
|-----------|-------------------|----------------------------------|------------------|
| MONDAY | 7:00am – 7:45am | Hatha Yoga | Beach |
| | 11:00am – 11:45am | Introduction to Muay Thai | Muay Thai Studio |
| | 2:00pm – 2.45pm | Meditation for Inner Calm | Yoga Studio |
| | 4:00pm – 4:45pm | Yoga Nidra | Yoga Studio |
| TUESDAY | 7:00am – 7:45am | Vinyasa Yoga | Beach |
| | 11:00am – 11:45am | Breathing Exercise | Yoga Studio |
| | 2:00pm – 2.45pm | Sound Healing | Yoga Studio |
| | 4:00pm – 4:45pm | Sunset Yoga | Yoga Studio |
| WEDNESDAY | 7:00am – 7:45am | Power Yoga | Beach |
| | 11:00am – 11:45am | Elemental Balance Meditation | Yoga Studio |
| | 2:00pm – 2.45pm | Pranayama | Yoga Studio |
| | 4:00pm – 4:45pm | Hatha-Vinyasa Yoga | Yoga Studio |
| THURSDAY | 7:00am – 7:45am | Yin Yang Yoga | Beach |
| | 11:00am – 11:45am | Introduction to Muay Thai | Muay Thai Studio |
| | 2:00pm – 2.45pm | Gentle Yoga Flow | Yoga Studio |
| | 4:00pm – 4:45pm | Tai Chi Flow for Balance | Muay Thai Studio |
| FRIDAY | 7:00am – 7:45am | Yin Yoga | Beach |
| | 11:00am – 11:45am | Upper Body Strengthening Workout | Fitness Centre |
| | 2:00pm – 2.45pm | Mind Sound Resonance Technique | Yoga Studio |
| | 4:00pm – 4:45pm | Sound Healing | Yoga Studio |
| SATURDAY | 7:00am – 7:45am | Ashtanga Yoga | Beach |
| | 11:00am – 11:45am | Core Workout | Fitness Centre |
| | 2:00pm – 2.45pm | Yoga Nidra | Yoga Studio |
| | 4:00pm – 4:45pm | Power Circuit Express | Fitness Centre |
| SUNDAY | 7:00am – 7:45am | Strength Circuit Express | Fitness Centre |
| | 11:00am – 11:45am | Kriya Yoga | Yoga Studio |
| | 2:00pm – 2.45pm | Dynamic Strength Circuit | Fitness Centre |
| | 4:00pm – 4:45pm | Ying Yang Yoga | Yoga Studio |

Wellness Class Information

In House Guests are invited to join the first scheduled wellness classes **complimentary**. Additional group class participation is available at **THB 800+++ per class**. Private classes are also available for personalized, one-on-one instruction at a time convenient to you, priced at **THB 2,500+++ per session**.

For outside guests, group classes are available at **THB 1,600+++ per class**, and private sessions at **THB 4,000+++ per class**.

For more information or to reserve your spot, please contact the Spa Reception by dialing **1900**.

FOR MORE INFORMATION, PLEASE CONTACT
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