



WELLNESS ACTIVITIES

ALEENTA RETREAT CHIANG MAI

| | TIME | SESSION |
|-----------|-------------------|----------------------------|
| MONDAY | 8:30am - 9:45am | Hatha Yoga |
| | 11:00am - 12:00pm | Qi Gong / Meditation |
| | 3:30pm - 4:00pm | Yoga Nidra |
| | 4:30pm - 5:45pm | Vinyasa Flow & Breath Work |
| TUESDAY | 8:30am - 9:45am | Yin Yang Yoga |
| | 10:00am - 11:00am | Meditation Class |
| | 4:00pm - 5:00pm | Vinyasa Flow & Breath Work |
| WEDNESDAY | 8:30am - 9:00am | Qi Gong |
| FRIDAY | 8:30am - 9:45am | Hatha Flow |
| | 11:00am - 12:00pm | Mindfulness Flow |
| | 4:00pm - 5:00pm | Qi Gong / Meditation |
| SATURDAY | 8:30am - 9:45am | Hatha Flow |
| | 3:30pm - 5:15pm | Yoga Nidra / Meditation |
| | 4:00pm - 5:00pm | Stretching Class |
| SUNDAY | 8:30am - 9:45am | Hatha Flow |
| | 10:00am - 11:00am | Body Stretching |
| | 4:00pm - 5:00pm | Candle Meditation |



Yoga classes shown on this schedule are all free-of-charge for the first two classes; attendance to further group classes is available at THB 800++ per class. Please speak to your Yoga Master for more details.

Guests may book Private Yoga Therapy to receive additional one-on-one instruction, at a time to suit their needs. The fee for private instruction is THB 1900++.

Please contact front desk for reservation or further information.

FOR MORE INFORMATION, PLEASE CONTACT

T: +66 (0)52 090 333 | E: wellness.arc@aleenta.com | W: www.aleenta.com/chiang-mai