



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