

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 - 08:30	◇ Sunrise Yoga (Asana) Max. 6 guests, at Wellness Pavillion	◇ Sound Bath Max. 6 guests, at Wellness Pavillion	◇ Pranayama Breathing Session (Yogic Breathing) Max. 6 guests, at Wellness Pavillion	◇ Sunrise Yoga (Asana) Max. 6 guests, at Wellness Pavillion	◇ Meditation with Tibetan Bowl Max. 6 guests, at Gayatri	◇ Mindfulness Meditation by Moving Hands Max. 6 guests, at Wellness Pavillion	◇ Sunrise Yoga (Asana) Max. 6 guests, at Wellness Pavillion
09:00 - 10:00	◇ Tai Chi Class Max. 8 guests, Meeting point Wellness Pavillion	◇ Yogilates Class Max. 8 guests, at Wellness Pavillion	◇ Stretching Class Max. 8 guests, at Wellness Pavillion	◇ Mind & Body Fitness Class Max. 8 guests, at Wellness Pavillion	◇ Abs Workout Class Max. 8 guests, at Wellness Pavillion	◇ Mat Pilates Class Max. 8 guests, at Wellness Pavillion	
10:00 - 11:00	◇ Paper-making Workshop Max. 4 guests, at Activity centre				◇ Paper-making Workshop Max. 4 guests, at Activity centre		
10:30 - 11:30	◇ Kaoshiki Aqua Dance Max. 6 guests, at Devarana Spa Pool		◇ Hand Movement Meditation Max. 6 guests at Gayatri	◇ Pranayama Breathing Session (Yogic Breathing) Max. 6 guests, at Wellness Pavillion	◇ Spa Workshop: Thai Massage Lesson Max. 4 guests, at Gayatri	◇ Aqua Yoga Basic Max. 4 guests, at Devarana Spa Pool	◇ Yoga For Rehab Basic Practices Max. 3 guests, at Gayatri
14.30-15.30			◇ Nature Walk Max. 4 guests, Meeting point at Activity Centre		◇ Nature Walk Max. 4 guests, Meeting point at Activity Centre		
17:00 - 18:00	◇ Meditation with Mantra Chanting Max. 6 guests, at Gayatri	◇ Circuit Training Max. 8 guests, at Wellness Pavillion	◇ Sunset Yoga (Asana) Max. 6 guests, at Wellness Pavillion	◇ Yoga With Use Of Props Max. 4 guests, at Wellness Pavillion	◇ Sunset Mix Yoga Practices (Asana, breathing, mindfulness) Max. 6 guests, at Wellness Pavillion	◇ Pranayama Breathing Session Max. 6 guests, at Wellness Pavillion	◇ Sunset Yoga (Asana) Max. 6 guests, at Wellness Pavillion
	◇ Thai Boxing Group Class Max. 8 guests, at Sand Bar Beach 18.00	◇ Sunset Cruise with Dusit Safeeru (cultural ambassador) 17.30	◇ Cross Fit Group Class Max. 8 guests, at Sand Bar Beach 18.00	◇ Sunset Cruise with Dusit Safeeru (cultural ambassador) 17.30	◇ Thai Boxing Group Class Max. 8 guests, at Sand Bar Beach 18.00 hrs	◇ Boot Camp Max. 8 guests, at Sand Bar Beach 18.00 hrs	◇ Sunset Cruise with Dusit Safeeru (cultural ambassador) 17.30 hrs

◇ Complimentary Activity

Advance reservation is recommended; please inform your Butler, Activity Centre or Devarana Spa Reception.

- All complimentary practices are introductory beginners level for all age groups. For personalised experience, please reserve your private session.
- Please note that 24 hours advance reservation is required for all activities
- If you would like to cancel your reservation, please do by 17:00 the day before.

Chargeable and Bookable Activities

- Private Yoga USD 80 per person, per session | USD 40 per kid, per session
- Meditation Class USD 80 per person, per session
- Pranayama Yoga USD 80 per person, per session
- Private Stretching Class USD 80 per person, per session
- Tennis Hitting Partner USD 80 per person, per hour
- Personal Trainer USD 100 per person, USD 130 for two persons
- Thai Boxing | Private Session
 - ▶ USD 100 per person, per session
 - ▶ USD 160 two persons, per session
 - ▶ Group Session USD 30 per person (Min. 4 guests and Max. 8 guests)

All prices are subject to 10% service charge and 12% government tax

For more details on Activities, please scan the QR code below

