

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.30 – 08.30	<b>Island Run</b> Activity Centre	<b>Beach Workout</b> Wellness Pavilion	<b>Ashtanga Primary series</b> Wellness Pavilion	<b>Easy Island Run</b> Activity Centre	<b>Beach Workout</b> Wellness Pavilion	<b>Beach Workout</b> Wellness Pavilion	<b>Qigong</b> Devarana Wellness
10.30 – 11.30	<b>Circuit Training</b> Activity Centre	<b>Gentle Yoga</b> Devarana Wellness	<b>Pranayama Yoga</b> Devarana Wellness	<b>Aqua Fitness</b> Infinity Pool, Sand Bar	<b>Circuit Training</b> Fitness Centre	<b>Aqua Fitness</b> Infinity Pool, Sand Bar	<b>Zuu Workout</b> Fitness Centre
12.00 – 12.45	<b>Paper Making Workshop</b> Activity Centre	<b>Circuit Training</b> Activity Centre	<b>Chef Garden Tour</b> Activity Centre	<b>Paper Making Workshop</b> Activity Centre	<b>Thai Massage Lesson</b> Devarana Wellness	<b>Lower Body Workout</b> Fitness Center	<b>Palm Leaf Workshop</b> Devarana Wellness
15.00 – 16.00	<b>Tabata Workout</b> Fitness Centre		<b>Nature Walk</b> Activity Centre	<b>Tabata Workout</b> Fitness Centre	<b>Core Condition</b> Fitness Centre	<b>Tabata Workout</b> Fitness Center	<b>Nature Walk</b> Activity Centre
17.00 – 18.00	<b>Hatha yoga</b> Devarana Wellness	<b>Asana and prana yoga</b> Devarana Wellness	<b>Sunset Yoga</b> Devarana Wellness	<b>Palm Leaf Workshop</b> Devarana Wellness	<b>Thai Fit Dance</b> Devarana Wellness	<b>Sound Healing Sound Bath Meditation</b> Devarana Wellness	<b>Thai massage lesson</b> Devarana Wellness

## Recurring Activities

### Marine Life Presentation

at Ocean Dive Centre

17.30 - 18.00 — Tuesday & Thursday

### Sunset Cruise with Dusit Safeeru

17.15 - 18.15 — Tuesday, Thursday & Saturday

### Behind-the-scenes Tour

17.00 - 18.00 — Tuesday & Friday

## Special Events

### Full Moon Yoga & Sound Bath Meditation

at Devarana Wellness | 21.00 — 3 June

### Global Wellness Day

10 - 11 June

### International Yoga Day

21 June

## Private Session

### Private Yoga/Prana vinyasa/Meditation

USD 80 person/session    USD 40 kid/session  
(age 12 yrs and below)

### Personal Trainer

USD 60 person/hour    USD 30 two persons

USD 25 person/hour (Min. 4 guests and Max. 8 guests)

## Tennis

### Private Tennis session/Hitting partner

USD 50 person/hour