

# WELLNESS ACTIVITIES



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
7-8 AM	TAI CHI at the beach (complimentary)		PRANAYAMA (breath Exercise ) at Aava Spa (complimentary)	HIKING at Khanom View Point *wear sport shoes*	TAI CHI at Aava Spa (complimentary)	ANAPANASATI MEDITATION at Aava Spa (complimentary)
8-9 AM	FLOW YOGA at Aava Spa	STRETCHING at Aava Spa	Hatha Yoga at Aava Spa	STRETCHING (complimentary)	YOGA for beginner at Aava Spa (complimentary)	STRETCHING at Aava Spa
9-10 AM				PILATES MAT WORKOUT at Aava Spa		
2-3 PM		KIDS MUAY THAI at Aava Spa	MUAY THAI at Aava Spa		KIDS MUAY THAI at Aava Spa	MUAY THAI at Aava Spa
5-6 PM	PILATES MAT WORKOUT at Aava Spa	VINYASA YOGA at Aava Spa	TAI CHI at the beach		VINYASA YOGA at Aava Spa	

