

SAMPLE ITINERARY REBALANCE 7 NIGHTS

DAY 1

11:00 - 11:50

Health & Wellness Consultation

12:00 - 12:30

Anti-ageing Doctor Consultation

13:00 - 14:00

LUNCH

16:00 - 16:50

RAKxa Relaxing Massage

19:30 - 20:30

DINNER

DAY 3

08:00 - 09:00

BREAKFAST

09:30 - 10:20

Pilates One-on-One

10:30 - 11:20

Chakra Balancing

13:00 - 14:00

LUNCH

15:00 - 16:00

Marma Healing Massage

19:30 - 20:30

DINNER

DAY 5

08:00 - 09:00

BREAKFAST

09:30 - 10:20

Private Tai Chi

10:30 - 11:20

Pranayama

13:00 - 14:00

LUNCH

15:00 - 16:20

Traditional Thai Salt Pot Massage

19:30 - 20:30

DINNER

DAY 7

08:15 - 08:30

Body Composition Analysis

08:30 - 09:30

BREAKFAST

11:00 - 11:03

Cryo Sauna Therapy

13:00 - 14:00

LUNCH

19:30 - 20:30

DINNER

DAY 2

08:15 - 08:30

Body Composition Analysis

08:30 - 09:30

BREAKFAST

10:00 - 10:45

Functional Fitness Assessment (FFA)

11:15 - 12:05

Private Suspension Session

13:00 - 14:00

LUNCH

15:00 - 15:25

Traditional Chinese Medicine Diagnosis

16:30 - 17:15

Hyperbaric Oxygen Therapy

19:30 - 20:30

DINNER

DAY 4

08:00 - 09:00

BREAKFAST

09:30 - 10:20

Personalised Corrective Exercise

11:00 - 11:45

Hyperbaric Oxygen Therapy

13:00 - 14:00

LUNCH

15:00 - 15:50

Traditional Chinese Acupuncture

19:30 - 20:30

DINNER

DAY 6

08:00 - 09:00

BREAKFAST

09:30 - 10:20

Zen Na Tai

11:00 - 12:00

Antioxidant Boost-up IV

13:00 - 14:00

LUNCH

15:00 - 16:20

Manual Lymphatic Drainage Massage

19:30 - 20:30

DINNER

DAY 8

08:00 - 09:00

BREAKFAST

11:00

Departure / Check-out

Make the Most of Your Stay with Our Daily Group Classes

SAMPLE WELLNESS ACTIVITIES

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
07:00	 PILATES MAT FLOW RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 PILATES MAT FOUNDATION RAKxa GAYA	 TAI CHI RAKxa GAYA	 STRETCHING RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA
10:00	 MORNING YOGA RAKxa GAYA	  REFORMER STRETCH RAKxa GAYA	 STRETCHING RAKxa GAYA	  PILATES REFORMER FOUNDATION RAKxa GAYA	 PILATES RING RAKxa GAYA	  REFORMER STRETCH RAKxa GAYA	 PILATES MAT FOUNDATION RAKxa GAYA
15:00	 HIIT RAKxa GAYA	 YOGA FLOW RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 YOGA FLOW RAKxa GAYA	 ANIMAL FLOW RAKxa GAYA	 HIIT RAKxa GAYA	 LATIN BEAT CARDIO DANCE RAKxa GAYA
17:00	 AQUA AI CHI RAKxa GAYA	 ACTIVE BRAIN COORDINATION RAKxa GAYA	 AQUA AEROBIC BOXING RAKxa GAYA	 ABS, BUTT AND THIGHS RAKxa GAYA	 AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	 HIP OPENER RAKxa GAYA	 AQUA AEROBIC WITH NOODLE RAKxa GAYA

 Light Intensity  Moderate Intensity  High Intensity



THB 1,200 per person per class

*Full-price charge will be applied on any cancellation made within 24 hours of class date/time.



Special Event

• Wellness activities are updated weekly, with new experiences to explore throughout your stay.

• If it rains:

- Aqua boxing, noodle and hand buoy will change to HIIT class.
- Aqua Ai chi will change to Fascia release class.