

## SAMPLE ITINERARY

# SLEEP ENHANCEMENT

### 5 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

Aromatherapy Massage

19:30 - 20:30

**DINNER**

#### DAY 3

08:00 - 09:00

**BREAKFAST**

09:30 - 10:20

Private Tai Chi or Private Yoga

10:30 - 11:20

Vitality Flow Enhancement Therapy

13:00 - 14:00

**LUNCH**

15:00 - 16:20

RAKxa Signature Sleep Enhancement

19:30 - 20:30

**DINNER**

#### DAY 5

08:00 - 09:00

**BREAKFAST**

09:30 - 10:20

Pranayama or Mindfulness Meditation

11:00 - 12:00

Immune Myer IV

13:00 - 14:00

**LUNCH**

15:00 - 16:00

Weber IV Laser Therapy

19:30 - 20:30

**DINNER**

#### DAY 2

08:00 - 09:00

**BREAKFAST**

10:00 - 10:45

Functional Fitness Assessment (FFA)

11:00 - 11:03

Cryo Sauna Therapy

11:15 - 12:05

Personalised Corrective Exercise

13:00 - 14:00

**LUNCH**

15:00 - 16:50

Thai Deep Sleep & Skin Radiant Therapy

19:30 - 20:30

**DINNER**

#### DAY 4

08:00 - 09:00

**BREAKFAST**

09:30 - 10:20

Singing Bowl Healing or Zen Na Tai

11:00 - 11:45

Hyperbaric Oxygen Therapy

13:00 - 14:00

**LUNCH**

15:00 - 16:00

Shirodhara or Ksheeradhara

19:30 - 20:30

**DINNER**

#### DAY 6

08:00 - 09:00

**BREAKFAST**

11:00

Departure / Check-out

#### \*Remark:

This is a sample itinerary for reference only. Your schedule will be personalised following your health assessment and consultation, with treatment timings and sequence adjusted to suit your individual needs.

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 | <br><b>MORNING YOGA</b><br>RAKxa GAYA                 | <br><b>FASCIA RELEASE</b><br>RAKxa GAYA             | <br><b>CHAIR STRETCH</b><br>RAKxa GAYA     | <br><b>STRETCHING</b><br>RAKxa GAYA    | <br><b>RAKxa RISE AND SHINE</b><br>RAKxa GAYA         | <br><b>HIIT</b><br>RAKxa GAYA                  | <br><b>STRETCHING</b><br>RAKxa GAYA                |
| 10:00 | <br><b>PILATES REFORMER FOUNDATION</b><br>RAKxa GAYA | <br><b>HIIT</b><br>RAKxa GAYA                     | <br><b>REFORMER STRETCH</b><br>RAKxa GAYA | <br><b>PILATES RING</b><br>RAKxa GAYA | <br><b>PILATES REFORMER FOUNDATION</b><br>RAKxa GAYA | <br><b>TAI CHI</b><br>RAKxa GAYA             | <br><b>REFORMER STRETCH</b><br>RAKxa GAYA         |
| 15:00 | <br><b>ACTIVE BRAIN COORDINATION</b><br>RAKxa GAYA  | <br><b>PILATES MAT FOUNDATION</b><br>RAKxa GAYA   | <br><b>HIIT</b><br>RAKxa GAYA            | <br><b>ANIMAL FLOW</b><br>RAKxa GAYA | <br><b>BASIC FLY</b><br>RAKxa GAYA                  | <br><b>YOGA FLOW</b><br>RAKxa GAYA           | <br><b>LATIN BEAT CARDIO DANCE</b><br>RAKxa GAYA |
| 17:00 | <br><b>TAI CHI</b><br>RAKxa GAYA                    | <br><b>AQUA AEROBIC WITH NOODLE</b><br>RAKxa GAYA | <br><b>FITBALL</b><br>RAKxa GAYA         | <br><b>AQUA AI CHI</b><br>RAKxa GAYA | <br><b>ABS, BUTT AND THIGHS</b><br>RAKxa GAYA       | <br><b>AQUA AEROBIC BOXING</b><br>RAKxa GAYA | <br><b>BASIC CHAIR YOGA</b><br>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.