



WELLNESS ACTIVITIES

ALEENTA RETREAT CHIANG MAI

Date	Time	Session
Monday	8.30 AM - 9.15 AM	Morning Yoga
	10.30 AM - 11.15 AM	Pranayama & Sound Therapy
Tuesday	8.30 AM - 9.15 AM	Bamboo Exercise (Limited 6 person / Class)
	10.30 AM - 11.15 AM	Meditation & Sound Healing
	13.00 PM - 13.45 PM	How to make Thai herbal compress
Wednesday	8.30 AM - 9.15 AM	Qi Gong
	10.30 AM - 11.15 AM	Meditation & Sound Healing
	13.00 PM - 13.45 PM	Introduction to Self massage
Thursday	8.30 AM - 9.15 AM	Stretching
	10.30 AM - 11.15 AM	Sound Bath
	13.00 PM - 13.45 PM	How to make Thai herbal compress
Friday	8.30 AM - 9.15 AM	Gentle Flow Yoga
	10.30 AM - 11.15 AM	Meditation & Sound Healing
	13.00 PM - 13.45 PM	Introduction to Self massage
Saturday	8.30 AM - 9.15 AM	Qi Gong
	13.00 PM - 13.45 PM	Bamboo Exercise (Limited 6 person / Class)
Sunday	8.30 AM - 9.15 AM	Thai Yoga
	13.00 PM - 13.45 PM	How to make Thai herbal Inhaler

We are delighted to offer wellness activities as part of your stay at Aleenta Retreat Chiangmai. These activities have been designed to help you rejuvenate and enhance your overall well-being. Please take note of the following details regarding these activities:

Charges for Subsequent: The first two wellness classes are complimentary for all our guests. These classes are aimed at providing a refreshing experience during your stay. From the third class onwards be cost for joining a class as part of a group will be THB 800++ per person. If you prefer a private session the cost will be THB 1,900++ per couple.

Reservation: To secure your spot in the wellness classes, please make a reservation in advance at least 4 hours before the scheduled time, each class has a maximum limit of 10 participants.

Cancellation Policy: If a class does not have any reservations made 4 hours prior to the scheduled time, we may have to cancel the class.

Arrival and Registration: We kindly request that you arrive at the class at least 5 minutes before the scheduled time for registration process and prevent any disruptions to the class. Please be advised that once a class has started, we cannot accommodate late arrivals beyond the first 10 minutes.

Changes to Wellness Activities: Please note that the wellness activities offered may be subject to change based on operational requirements. We will strive to provide alternative options if any changes occur.

