



# FEB & MAR 23



## THE SPA KOH CHANG DETOX & WELLNESS RESORT WEEKLY ACTIVITY PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 08.00-09.00		HATHA YOGA 400 B	HATHA YOGA 400 B	HATHA YOGA 400 B	HATHA YOGA 400 B	HATHA YOGA 400 B	HATHA YOGA 400 B
AFTERNOON 15.00-16.00	LONG BEACH EXCURSION 12.00-15.00	WATERFALL 200 B ENTRY 13.00-15.00	NATURAL BEAUTY COSMETIC WORKSHOP 450 B 14.00-15.00 (MIN 2 PEOPLE)	WAI CHAEK BEACH TRAIL WALK (MIN 2 PEOPLE) 700 B 14.00-17.30	LIGHTHOUSE WALK 16.15-17.00	HERMIT YOGA WORKSOP 1950 B 10.00-12.00	
EVENING	VILLAGE CYCLING 16.15-17.00	YOGA FOR THE BACK 400 B	MANGROVE WALK 16.15-17.00		YOGA AND MEDITATION 400 B	YOGA AND PRANAYAMA 400 B	YOGA 400 B



Talk appointment with Olivia can be made for more information about detox program and other activities



+66 (0) 80- 964-7614 +66 (0) 83- 115-6566



spa@thespakohchang.com



### Every morning except Monday : Hatha Yoga

A classic approach to yoga and a perfect way to start off your morning, focusing on breathing and using the right muscles. It is an easy-going class suitable for all levels of practice.

### Tuesday : Yoga for the Back

A one-hour class focuses on the back, upper and lower, neck, and shoulders. This class is suitable for back pain due to bad posture, stress, and tension in muscles. It is very soothing, like a self-massage. Please inform us if you have severe back pain or serious problems with your back, like a severely herniated disc.

### Saturday : Yoga and Pranayama

A one-hour class focuses on the back, upper and lower, neck, and shoulders. This class is suitable for back pain due to bad posture, stress, and tension in muscles. It is very soothing, like a self-massage. Please inform us if you have severe back pain or serious problems with your back, like a severely herniated disc.

### Friday : Yoga and meditation

This class includes around 40 minutes of yoga asana (positions) and 20 minutes of meditation.

### Village Cycling

Cycling starts from The Spa and goes to Salak Khok fisherman village. We get to see local fisherman houses and the beautiful bay area

### Wai Chaek Beach Trail Walk

A 4-kilometer walk up and down small hills and crossing canals (usually takes 45-60 minutes) will take you to Wai Chaek beach, a secret gem of Koh Chang. You will have some time to relax, swim in the ocean and enjoy calm evening vibes before walking back to the starting point (8 KM in total).

### Long Beach Excursion

Our resort car will take you up and down hills to one of Koh Chang's best spots for beach chillaxing. The sandy beach is long, good for swimming. The drive takes 30 minutes/way.

### Thanmayom Waterwall

Koh Chang's second largest waterfall is located in a national park area, just 10 minutes drive from The Spa. Entry fee 200 Baht for foreigners and 40 Baht for Thai.

### Mangrove Walk

A 10 minutes drive to Salak Phetch village is followed by 30-40 minutes walk on the red wooden walkway, journey through thick mangrove for a spectacular view of Salak Phetch bay at the end of the way. Walk back the same way (750 m/way)

### Lighthouse Walk

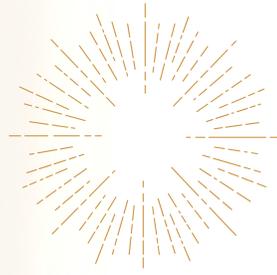
Another attraction of Salak Phetch village, Lighthouse bridge is a perfect place for afternoon walks and jogs, using by locals as both exercising place and harbour for local fishing.



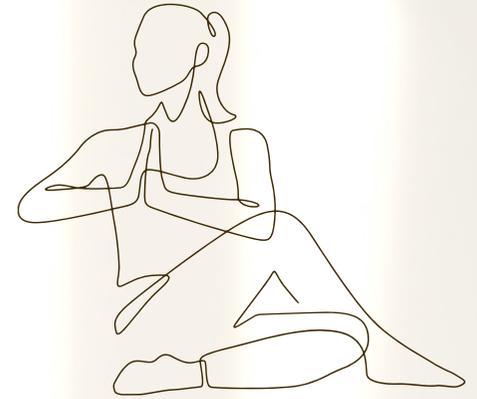
+66 (0) 80- 964-7614 +66 (0) 83- 115-6566



spa@thespakohchang.com



## Our Teachers



”Olivia”

An Italian native, who has been living in Thailand since 1994. She has been teaching yoga in the past 16 years, together with meditation, Tibetan Rites, Thai yoga (Rue Si Datton) and other tools which work with Energy. Apart from yoga, Olivia has been working in the field of detox and wellness on the beautiful island of Phuket, being the resident Yoga Teacher in a Detox Center and assisting the clients through their detox journey.



“  
*Balance  
your  
body  
& mind*  
”