

Yoga Program

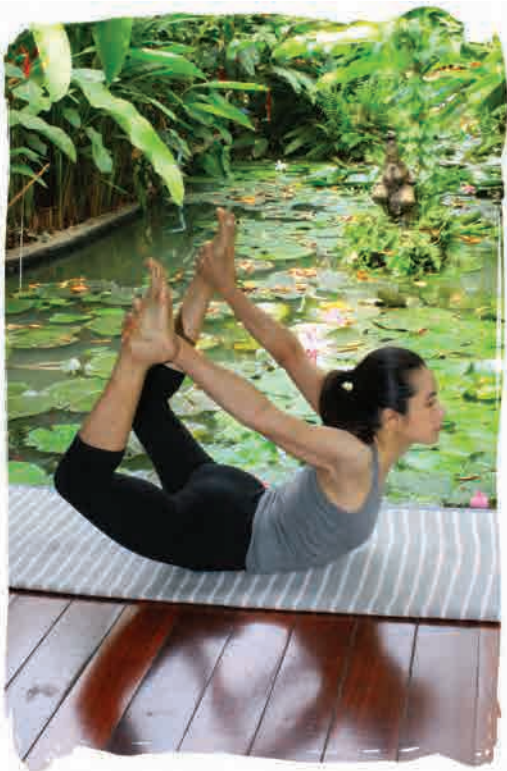
12 days

2017-18



Ban Sabai

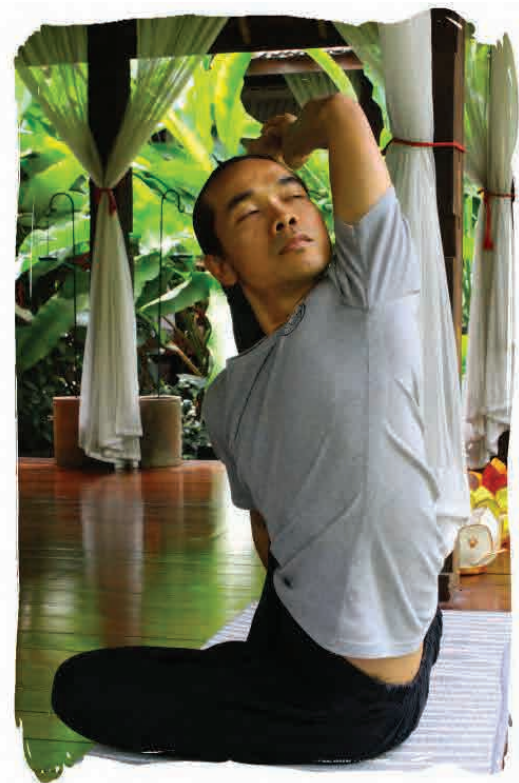
Village Resort & Spa



day 1 Arriving / transfer
Aroma therapy
Aroma herbal bath
Diet dinner

day 2 Morning drink
Yoga
Diet breakfast
Thai massage
Diet lunch
Refelxology
Diet dinner

day 3 Morning drink
Yoga
Breakfast
Footmassage
Diet Lunch
Steamed herbal bath
Body scrub
Diet dinner



Ban Sabai Village
219 Moo 9, San Pee Sua
Chiang Mai 50300
www.bansabairesorts.com



Ban Sabai

Village Resort & Spa

day 5 Morning drink
Yoga
Diet breakfast
swimming
Diet lunch
Herbal steam room
Diet dinner

day 6 Morning Drink
Yoga
Diet breakfast
Swimming
Herbal steam room
Diet lunch
Facial massage
Diet dinner



day 7 Morning drink
Yoga
Diet Breakfast
Diet lunch
Swimming
Diet dinner

day 8 Morning drink
Yoga
Diet breakfast
Herbal steam room
Diet lunch
Exercises
Diet dinner





Ban Sabai

Village Resort & Spa



day 9 Morning drink
Yoga
Diet breakfast
Diet lunch
Herbal steam room
Diet dinner



day 10 Morning drink
Yoga
Diet breakfast
Steam room
Diet lunch
Facial massage
Diet dinner



day 11 Morning drink
Yoga
Diet Breakfast
Body scrub
Diet lunch
swimming
Diet dinner



day 12 Morning drink
Yoga
Diet breakfast
departure / Transfer

Package as listed, price without accommodation
Bht 71,000
(tax and service included)
Please select one of our 3 room categories,
Lanna Room,
Jacuzzi Junior Suite
and Lanna Spa Villa

