

# Yoga Program

7 days

2017-18



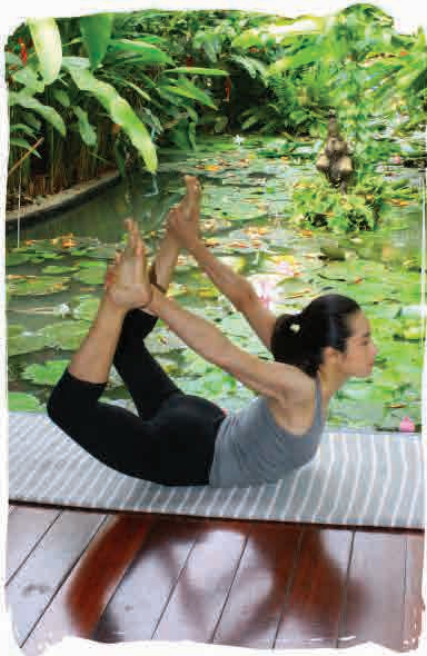
## Ban Sabai

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  
Reflexology  
Diet dinner



day 3 Morning drink  
Yoga  
Diet breakfast  
Foot massage  
Diet lunch  
Steamed Herbal bath  
Body scrub  
Diet dinner

day 4 Morning drink  
Yoga  
Diet breakfast  
Thai massage  
Fruit juice  
Diet dinner



Ban Sabai Village  
219 Moo 9, San Pee Sua, Chiang Mai  
[www.bansabairesorts.com](http://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  
Diet lunch  
Herbal steam room  
Facial massage  
Diet dinner

day 7 Morning drink  
Yoga  
Diet Breakfast  
departure / transfer



Package as listed,  
price without accommodation  
Bht 42,000 (tax and service included)  
Please select one of our 3 room categories

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