

Meditation Program

4 days

2018-19



Ban Sabai

Village Resort & Spa



day 1 Arrival / transfer
Aroma therapy
Diet dinner

day 2 Morning drink
Diet breakfast
Meditation
Thai Massage
Diet lunch
Reflexology
Diet dinner

day 3 Morning drink
Meditation
Lunch juice
Herbal steam room
Body scrub
Diet dinner



day 4 Morning drink
Meditation
Breakfast
Facial massage
Diet Lunch
Departure / transfer



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www.bansabaivillage.com