



Ban Sabai

Village Resort & Spa



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



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



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



day 12 Morning drink
Meditation
Diet breakfast
departure / Transfer





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

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



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



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



Meditation Program

12 days

2018-19



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

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



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



day 4 Morning drink
Meditation
Diet breakfast
Thai Massage
Diet lunch
Fruit juice
Diet dinner



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