

Meditation Program

7 days

2018-19



Ban Sabai

Village Resort & Spa



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
Meditation
Diet breakfast
Foot massage
Diet lunch
Steamed Herbal bath
Body scrub
Diet dinner



day 4 Morning drink
Meditation
Diet breakfast
Thai massage
Diet Lunch
Fruit juice
Diet dinner



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



Ban Sabai

Village Resort & Spa



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

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

day 7 Morning drink
Meditation
Diet Breakfast
departure / transfer



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