

SALA ACTIVE PROGRAM

FIND YOUR RHYTHM THROUGH MOVEMENT, MINDFULNESS AND RECOVERY.

SALA
SAMUI
CHOENGMON BEACH

MONDAY & THURSDAY

Muay Thai Class – Strength & Balance

9:00 AM to 10:00 AM

Boxing Ring (Reception)

TUESDAY & FRIDAY

Yoga – Morning Grounding

7:30 AM to 8:30 AM

Yoga Pavilion

THURSDAY

Thai Warm Compress Ritual – Relax & Restore

10:00 AM to 11:00 AM

SALA Spa - Elements Room

SATURDAY

Flower Mindfulness – Calm & Clarity

10:00 AM to 11:00 AM

SALA Spa - Elements Room

SUNDAY

Thai Herbal Inhaler Workshop – Breathe & Renew

10:00 AM to 11:00 AM

SALA Spa - Elements Room

TO BOOK A SLOT, PLEASE DIAL "0" IN YOUR ROOM OR APPROACH OUR STAFF