

Yoga Program

7 days



Ban Sabai

Big Buddha Retreat & Spa - Samui



1 Arriving/ transfer
Aroma therapy
Herbal bath
diet menu

2 Morning Drink
Yoga
diet breakfast
Infrared Sauna
Thai Massage
diet lunch menu
Reflexology
diet Dinner

3 Morning juices
Yoga
Breakfast
juices
Foot massage
Herbal bath
Body scrub
Diet dinner

4 Morning Drink
Yoga
Breakfast
Infrared sauna
Thai Massage
vegetable juices
Diet Dinner



Ban Sabai Big Buddha
59 Moo 4, Ban Bangrak
Koh Samui 84320 - THAILAND
www.ban-sabai.com





Ban Sabai

Village Resort & Spa

- 5 Morning Drink
Yoga
Breakfast
swimming
juices
Herbal steam room
Diet dinner



- 6 Morning Drink
Yoga
Breakfast
Infrared Sauna
swimming
Steam or sauna room
Juice
facial massage
Diet Dinner



- 7 Morning Drink
Yoga
Breakfast
departure/ transfer



Package as listed, price without accommodation
Bht 39,000 (tax and service included)

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