



Since its inception in 1993, The Oriental Spa has been at the forefront of promoting well-being offering a curated selection of wellness activities. These reflect our steadfast commitment to nurturing healthy bodies and minds and also aim to inspire our guests to prioritise their well-being.

We invite you to participate in any of the enriching activities that align with your interests.

| STEP DANCE WORKOUT | |
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| When | Saturday 4 November and Saturday 2 December 2023 |
| Time | From 9.00 am to 10.00 am |
| Venue | Terrace Rim Naam |
| Instructor | For this activity, our expert instructor Wijit, a certified Les Mills instructor, will energize your body and mind with an upbeat "step dance" workout. |
| Price | The first class is complimentary for guests. Subsequent classes will be charged at THB 1,350++ per class. |



| YOGA TO HEAL TIGHT MUSCLES BY POP AREEYA | |
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| When | Saturday 4 November and Saturday 2 December 2023 |
| Time | From 10.00 am to 11.00 am |
| Venue | Fitness & Wellness Centre |
| Instructor | This yoga class will be led by Pop Areeya, Miss Thailand 1994. As a certified yoga instructor, Pop Areeya will guide you through ‘open hip and heart’ poses that target both the upper and lower spine, alleviating hip tension and enhancing chest mobility. This class is designed as therapy for office syndrome, making it ideal for individuals who spend extended periods at a computer workstation with limited movement. Throughout the session, you'll harmonise your body with your breath and spirit for a comprehensive workout. |
| Price | The first class is complimentary for guests. Subsequent classes will be charged at THB 1,350++ per class. |



| SOUND BATH THERAPY AND CACAO CEREMONY | |
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| When | Saturday 4 November and Saturday 2 December 2023 |
| Time | From 10.00 am to 11.00 am |
| Venue | Baan Noi |
| Instructor | Veerada, a skilled energy work practitioner, will guide you into complete relaxation through a cacao ceremony combined with sound therapy. In this session, you'll immerse yourself in resonant sound frequencies tailored to each chakra, fostering clarity and profound relaxation. The cacao ceremony will help you connect with your inner self and reinforce self-appreciation. |
| Price | The first class is complimentary for guests. Subsequent classes will be charged at THB 1,350++ per class. |



| MUAY THAI BORAN, FOLLOWED BY EMOTION BALANCING SESSION | |
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| When | Sunday 5 November and Sunday 3 December 2023 |
| Time | From 5 pm to 6.30 pm |
| Venue | Baan Noi |
| Instructor | For this activity, we two instructors collaborating to nurture both your inner and outer strength. Bilphat, a three-time consecutive champion in traditional Thai boxing and a two-time consecutive gold medallist in Amateur Boxing Nuamthong, will introduce you to the basics of Muay Thai Boran for a holistic body workout. While our resident Wellness Expert, Neelam, will guide you through meditation and breathing exercises to fortify your inner resilience. |
| Price | The first class is complimentary for guests. Subsequent classes will be charged at THB 1,350++ per class. |



All these wellness activities are open to both in-house guests and non-hotel guests interested in holistic workouts for body and mind.

***We recommend that guests wear exercise attire or loose-fitting, comfortable clothing to facilitate movement. If you need to eat before the class, we suggest having a light meal at least 30 minutes prior to avoid discomfort.

Advance reservations are required. To book, please contact Fitness and Wellness Centre at mobkk-sportcentre@mohg.com