



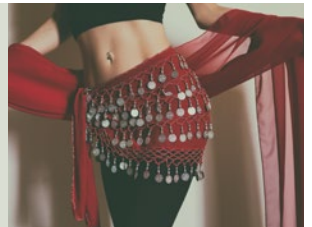
We invite you to engage in any of our enriching activities that resonate with your interests.

### SATURDAY 17 FEBRUARY 2024

9.00 am:

#### **HIPNOTIC DANCE WORKOUT**

Hipnotic dance exercise is suitable for all ages and incorporates various dance styles, including belly dance, Latin, and Indian dance. This exercise is designed for everyone, whether they have dance experience or not, allowing participants to tone their bodies. Sports shoes are recommended.



10.00 am:

#### **YOGA FOR SPINAL HEALTH WITH POP AREEYA**

Regular stretching is key to maintaining spinal health and reducing tension from poor sleep and sitting habits. Join Pop Areeya, our expert yoga instructor, for poses and breathing exercises that will improve spinal alignment and relieve stress.



### SUNDAY 18 FEBRUARY 2024

9.00 am:

#### **MUAY THAI BORAN**

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.



10.00 am:

#### **FEMININE CIRCLE**

Rooted in age-old traditions, women have long recognised the benefits of gathering to exchange wisdom and engage with their divine feminine energy, using both sharing and meditation as tools. Our session, conducted by our skilled energy healer Veerada, offers guidance through this enriching journey of energy and spiritual healing.



Price: The first class is complimentary for guests. Subsequent classes will be charged at THB 1,350++ per class.

Advance reservations are required. To book, please contact Fitness and Wellness Centre at [mobkk-sportcentre@mohg.com](mailto:mobkk-sportcentre@mohg.com)