

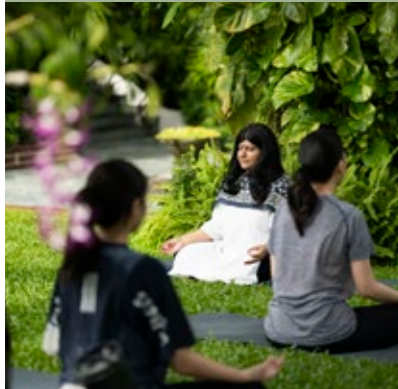


MANDARIN ORIENTAL
BANGKOK

FITNESS & WELLNESS CENTRE

Complimentary Fitness and Yoga Sessions

Monday



Meditative Yoga
(Flow into the calm)
8 - 8.45am

Stick Workout
12 - 12.45pm

Kids Yoga (6-13 years old)
3 - 3.30pm

Tuesday



Yoga (Back to Basics)
8 - 8.45am

MOTR®
12 - 12.45pm

Stretching for Kids
(6 - 13 years old)
3 - 3.30pm

Wednesday

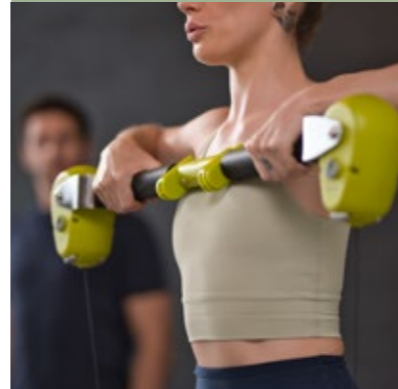


Sun Salutations
(A complete yoga workout)
8 - 8.45am

Mobility
12 - 12.45pm

Gym Ball Class for Kids
(6 - 13 years old)
3 - 3.30pm

Thursday



Power Yoga
8 - 8.45am

Fitness Foam Roller Exercises
for Pain Relief
12 - 12.45pm

Fundamentals of Movement
for Kids (6 - 13 years old)
3 - 3.30pm

Friday



Yoga Asanas
8 - 8.45am

Muay Thai (For beginners)
12 - 1pm

Muay Thai for Kids
(6-13years old)
3 - 3.30pm

Saturday



Yoga Asanas & Meditation
for Stress Relief
8 - 8.45am

Stretching for Kids
(6 - 13 years old)
3 - 3.30pm

Muay Thai (For beginners)
5 - 6pm

Sunday



Sun Salutations
(A complete yoga workout)
8 - 8.45am

Spirit of Breath & Meditation
12 - 12.45pm

Tennis Lesson for Kids
(6 - 13 years old)
3 - 3.30pm

Please note: Yoga is best practised on an empty stomach. Please try to avoid eating a heavy meal for at least 2 hours prior to your Yoga session. Please dress comfortably with no belts or buckles.

We recommend you consult your physician in case of specific health concerns before commencing fitness practices. Please inform us of any health issues or concerns before the session begins so that you receive both the required attention and maximum benefit from the programme. The spots are available on a first-come, first-serve basis.

Private Yoga and fitness sessions are available upon request. Kindly contact the Fitness & Wellness Centre at extension 7430 or 7431 for more information or to make a booking.