

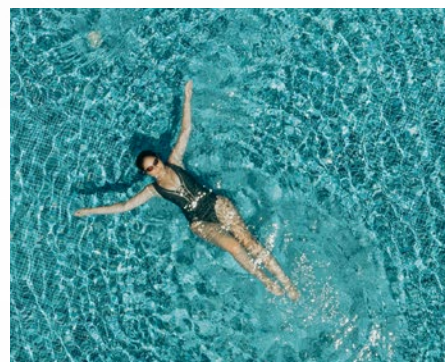


Since its inception in 1993, The Oriental Spa has paved the way for well-being and luxury. Proudly standing as Thailand's first hotel spa, we are now celebrating 30 years of blending luxurious wellness with time-honoured Thai healing practices. Marking this milestone, The Oriental Spa presents a series of wellness activities. These not only demonstrate our unwavering dedication to fostering healthy bodies and minds but also aim to inspire our guests to prioritise their holistic well-being.

In celebration of The Oriental Spa's 30th anniversary, we invite you to join any of our enriching activities that resonate with your interests.

AQUA YOGA EXCLUSIVELY FOR IN-HOUSE GUESTS

When	Every Tuesday of September (5 th , 12 th , 19 th and 26 th)
Time	From 7.30 am to 8.30 am
Venue	At Children's Swimming Pool
Instructor	John Lizcano is a certified yoga instructor with more than seven years of experience.
Price	Complimentary and this is for in-house guests only.



STEP DANCE WORKOUT, FOLLOWED BY SOUND BATH THERAPY AND CACAO CEREMONY

When	Every Saturday of September (9 th , 16 th , 23 rd and 30 th)
Time	From 9.00 am to 11.00 am
Venue	Baan Noi or Terrace Rim Naam
Instructor	For this activity, we have two expert instructors. Wijit, a certified Les Mills instructor, will invigorate your body and mind with an upbeat "step dance" workout. On the other hand, Veerada, an adept energy work practitioner, will usher you into complete relaxation with a cacao ceremony and sound therapy.
Price	Guests can enjoy their first class complimentary. Subsequent classes will be charged at THB 1,350++ per class.



MUAY THAI BORAN, FOLLOWED BY MEDITATION

When	Every Sunday of September (10 th , 17 th and 24 th)
Time	From 5.00 pm to 6.30 pm
Venue	Baan Noi
Instructor	For this activity, two instructors collaborate to foster both inner and outer strength. Bilphat, a three-time consecutive traditional Thai boxing champion and two-time consecutive gold medallist in Amateur Boxing Nuamthong, will introduce you to the fundamentals of Muay Thai Boran for a comprehensive body workout. Meanwhile, our resident Wellness Expert, Neelam, will lead you through meditation and breathing exercises to cultivate inner fortitude.
Price	Guests can enjoy their first class complimentary. Subsequent classes will be charged at THB 1,350++ per class.



***We suggest that guests wear exercise attire or loose-fitting, comfortable clothing that facilitates movement. For Aqua Yoga, a swimsuit is essential. If you need to eat before class, we recommend 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