



## GLOBAL WELLNESS DAY

Saturday, 13 June 2026

### *Beach Mat Pilates*

Celebrate Global Wellness Day with a refreshing morning Mat Pilates session by the beach, designed to energize the body and calm the mind.

Complimentary

Time: 7.00 a.m.

Venue: Beach



## INTERNATIONAL DAY OF YOGA

Sunday, 21 June 2026

### *Beach Sunrise Yoga*

Start your day with serenity. Enjoy a complimentary sunrise yoga session by the beach, surrounded by the peaceful beauty of Samui Bay.

Complimentary

Time: 8.00 a.m.

Venue: Beach