



Move in Nature @Trisara

PRIVATE OUTDOOR ACTIVITIES



Private TRX
Increase flexibility and endurance



Personal outdoor life exercise
Burn calories and build explosive power



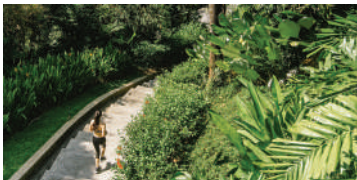
Private abdominal exercise
Builds strong and shaped core muscles



Private full body stretching
Boost flexibility and joint range



Trisara nature walk
Boost immune system and reduce stress



Private resort boot camp
Low impact movements to strengthen muscle and endurance



Private functional training
Improve coordination, balance, posture and flexibility



Private core exercise
Develop balance and strength in lower back and arms



Nature gym exercise
Release feel-good hormones and get vitamin D



Basic meditation
Improve mental & physical health, lower level of stress and anxiety

TO JOIN THE ACTIVITY

- Advance reservation is advised
- Location depends on weather (Beach, Water Sport Sala or Yoga Sala)
- Please reserve via Resort Host Ext. 2
- Sport clothes and sport shoes are required
- Activity is tailored to your fitness level
- Choose activities that meet your fitness level at your preferred time



For reservation, please contact Jara Wellness at 076 310 100 Ext.3
Operation hours: 08.00am - 06.00pm

TRISARA