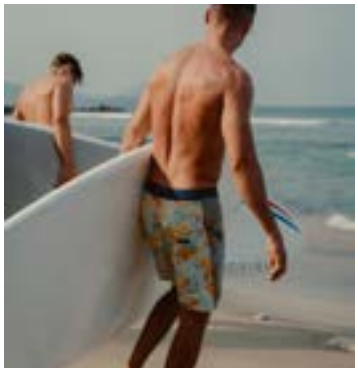
Jara Wellness





Trisara Complimentary Wellbeing Series

Exclusive for Trisara guests, our Wellbeing Collection offers a curated series of complimentary activities designed to restore, integrate, and elevate body, mind, and spirit.

Wellbeing Activities

DATE	Morning 08:00-09:00	Afternoon 15:00-16:00
MON	**Abdominal Exercise** Water Sport Center	**High / Low Intensity Workout** Muay Thai Training Area
TUE	**Hill Jogging** Water Sport Center	**Afternoon Breathwork** Yoga Sala
WED	**Morning Beach Stretching** Water Sport Center	**Muay Thai Culture & Conditioning** Muay Thai Training Area
THU	**Nature Gym Exercise** Water Sport Center	**Walking Meditation in Nature** Water Sport Center
FRI	**Muay Thai Culture & Conditioning** Muay Thai Training Area	**Beach Cardio & Stretching** Water Sport Center
SAT	**Traditional Thai Stretching** Yoga Sala	**Mini Beach Soccer** Water Sport Center
SUN	**Morning Beach Stretching** Water Sport Center	**Nature Gym Exercise** Water Sport Center

Explorer's Activities

Morning 10:00-11:00	Morning 11:00-12:00	Afternoon 15:00-16:00
Meet Hermit Crab Kids Club	**Coral to Canopy Nature Discovery** Thai House	**Beach Games** Water Sport Center
Archery Fun Kids Club		**Musical Games** Kids Club
Stamp with Nature Kids Club	**Creative Journaling Peace & Clarity** Thai House	**Nature Walk** Water Sport Center
Necklace Making Kids Club	**Coral to Canopy Nature Discovery** Thai House	**Kid's Stretching** Kids Club
Pencil Holder Making Kids Club		**Making Own Scrub** Kids Club
Nature Card Kids Club		**Sand Castle** Water Sport Center
Recycled Art Kids Club		**Paper Origami** Kids Club

Reservations
- Reservations are recommended. Please contact our Trisara Synergist (No.2) to book.
- Class schedules may change due to weather, water conditions, or operational needs.

Arrival & Participation
- Please arrive at least 5 minutes before the activity begins.
- Guests arriving more than 15 minutes late or when a class is full may be declined entry to respect fellow participants.
- Participant numbers are limited to maintain an intimate, high-quality experience.

Private Sessions & Special Considerations
- Group classes are designed for shared dynamics. For a personalized experience, we recommend booking a private session with one of our specialists.
- Pregnant guests are advised to choose private sessions for their safety and individual attention.

Attire & Locations
- Please wear suitable attire for movement and exercise.
- Activity locations may change according to weather for your comfort and safety.