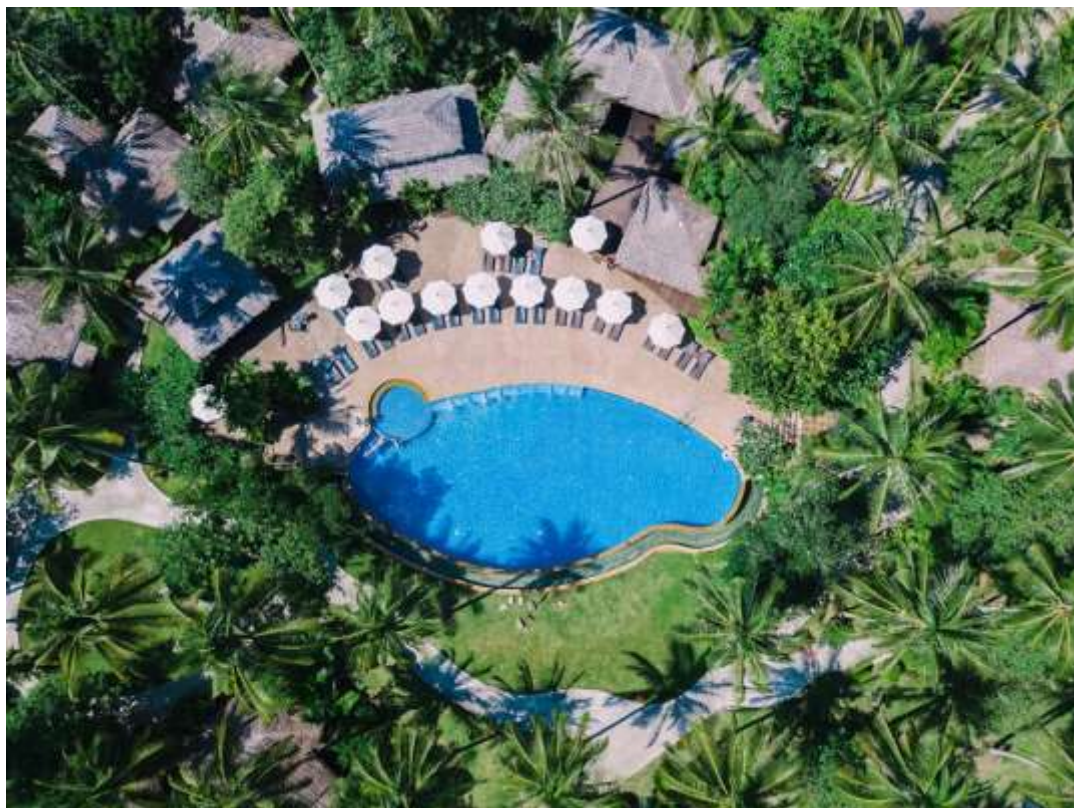


EXPERIENCE

OUR FREE & FUN

ACTIVITIES



A fun packed activities has been crafted to ensure that the playtime at Ban Sainai Resort an inspiring experience. Enjoy with our FREE guest activities program operated all year round. The activities cover varieties that is suitable for both kids and adults. For example; Mocktail Demonstration, Guided Garden Discovery, Eco Origami, Animal Towels Folding, Cooking Class (with surcharge) and Yoga Retreat. Check for more information with our front desk team or send query for more details to info@bansainairesort.com.

Or simply dial "0" the magic number!

Terms & Conditions: All activities are provided on a complimentary basis except for Cooking Class (with surcharge). Please wear appropriate clothing and footwear for all activities. For any further queries, please contact our Front Desk Team at extension number "0". Available for limited seat only, book early to avoid any disappointment.



Mocktail Demonstration



Believe it or not, though our resort does not serve alcoholic beverages but we still have an array of non-alcoholic drinks to surprise you.

Thai loves the fresh fruit juices and smoothies, and this will really help you to understand why this is! You will have the chance to try a range of fresh, non-alcoholic drinks that are known for their health benefits as well as refreshing tastes! Depending upon what's in them, each drink will have different benefits for you. For example some claim to help clear your skin or to relieve constipation and headaches. Come join, and experience the new venture!

☑ **LOCATION** Meet at the Pool Sala at 14.45 hrs.

☑ **DURATION** 1 hour from 15.00 hrs. – 16.00 hrs.

☑ **FREQUENCY** Once a week (every Saturday)

☑ **DRESS CODE** Comfortable clothes

☑ **COST** Free of Charge

☑ **BOOKING METHOD** Book at least 1 day in advance. Please reserve with front desk team (dial 0), limited availability offer for 10 guests each session.

☑ **RECOMMENDATIONS** Mocktail Demonstration is suitable for adults only.



Eco Origami



Amaze yourself with this handicraft making through our Eco Origami Activity. The activity that will show you how the childhood folk play is created.

We bring you to the good old days when we, Thais select the plants near home to create the lovely eco toys to our little ones. Make sure to experience this unique eco origami activity!

📍 **LOCATION** Meet at the Sai Nai Restaurant at 14.45 hrs.

🕒 **DURATION** 1 hour from 15.00 – 16.00 hrs.

📅 **FREQUENCY** Once a week (every Tuesday)

👕 **DRESS CODE** Comfortable clothes

💰 **COST** Free of Charge

📖 **BOOKING METHOD** Book at least 1 day in advance. Please reserve with front desk team (dial 0), limited availability offer for 10 guests each session

👨‍👩‍👧 **RECOMMENDATIONS** This activity is suitable for all ages. Younger children of age less than 4 years are welcome when accompanied by an adult.



Morning Yoga (Basic Yoga Class)



Connect with your innermost thoughts and self while stretching your stressed muscles and toning your tired body to relaxed perfection with Morning Yoga by the Pool. Our expert instructor, Khun Kru Tanny is well versed in the art of relaxation, meditation and yoga; she can teach you to calm hunger, thirst and pain as well as cool down your body through the use of breathing techniques and yoga positions.

With no previous yoga experience necessary, you can experience this basic yoga class in two of our unique, idyllic and tranquil locations by the pool or in our green garden.

📍 **LOCATION** Meet at the pool at 07.45 hrs. Yoga Class will be conducted by the Pool, or in our Green Garden. In case of rains, we will use Khun Kru Tanny's Studio instead.

🕒 **DURATION** 1 hour from 08.00 hrs. – 09.00 hrs.

📅 **FREQUENCY** **once a week (every Sunday)**

👕 **DRESS CODE** Comfortable clothes for exercising

💰 **COST** 550THB net per person. Minimum 3 guests per class or the class will be canceled.

📖 **BOOKING METHOD**

For class of Sunday, book before 16.00 hrs. on Saturday.

Please reserve with front desk team (dial 0), limited availability offer for 10 guests each class.

📌 **RECOMMENDATIONS** Insect repellent and drinking water. The Yoga Class is suitable for adults only (all levels are welcomed)



Animal Towels Folding



Our housekeeping team had consistently received words of appreciations for their excellent creativity through their variety of towels folding talents.

Through this activity, we wish to share with you the technics of how each is created.

Get yourself ready and join us with this lovely activity!

📍 **LOCATION** Meet at the Sai Nai Restaurant at 14.45 hrs.

🕒 **DURATION** 1 hour from 15.00 – 16.00 hrs.

📅 **FREQUENCY** Once a week (every Wednesday)

👕 **DRESS CODE** Comfortable clothes

💰 **COST** Free of Charge

📅 **BOOKING METHOD** Book at least 1 day in advance.

Please reserve with front desk team (dial 0), limited availability offer for 10 guests each session

👨‍👩‍👧 **RECOMMENDATIONS** This activity is suitable for all ages.

Younger children of age less than 4 years are welcome when accompanied by an adult.



Guided Garden Discovery



Nature lovers could fill up the day with our garden discovery around 6.7 acres site of our lush tropical greenery. You will be guided by our gardening representatives who take great care of our beautiful plants and flowers daily.

We will take you through the lush tropical gardens around Ban Sainai Resort. And you will be guided along the amazing trails that you'll be able to see various types of flora and fauna, and taste seasonal wild fruits.

The Garden Discovery tour will start in the lobby where the team will meet you. You're guaranteed to get more information and see more exotic plants, herbs & fruit trees. Just be sure to bring your camera along.

📍 **LOCATION** Meet at the Lobby at 14.45 hrs. In case of storms, the garden discovery will be cancelled.

🕒 **DURATION** 1 hour from 15.00 hrs. – 16.00 hrs.

📅 **FREQUENCY** Once a week (every Thursday)

👕 **DRESS CODE** Comfortable clothes, sneakers, sunblock, hat

💰 **COST** Free of Charge

📖 **BOOKING METHOD** Book at least 1 day in advance. Please reserve with front desk team (dial 0), limited availability offer for 10 guests each session

👉 **RECOMMENDATIONS** Insect repellent, camera, and drinking water. This activity is suitable for all ages. Younger children of age less than 4 years are welcome when accompanied by an adult.
(Please follow instruction from our guides, do not touch any unfamiliar plants to prevent any unexpected skin allergy)

