

MANDARIN ORIENTAL DHARA DHEVI, CHIANG MAI

COMPLIMENTARY RESORT ACTIVITIES & WELLNESS PROGRAMMES FOR JULY 2010

Health and Wellness

Monday
0800 - 0900 hrs The Awakened Body
1130 - 1200 hrs PranaYama Breathing
1400 - 1450 hrs Core Crazy
1430 - 1500 hrs Spa Orientation at The Dheva Spa
1800 - 1900 hrs Psychology and Traditional Chinese Medicine Lecture* at Craft Village (2nd floor, Lanna Kids Club)

Tuesday
0800 - 0900 hrs Taoist Exercise
1130 - 1200 hrs Meditation
1330 - 1415 hrs Partner Massage
1430 - 1500 hrs Spa Orientation at The Dheva Spa
1600 - 1700 hrs Walking Meditation

Wednesday
0800 - 0900 hrs Surya Namaskar
1130 - 1200 hrs PranaYama Breathing
1400 - 1500 hrs Stretching Class
1430 - 1500 hrs Spa Orientation at The Dheva Spa
1600 - 1700 hrs Hatha Yoga

Thursday
0800 - 0845 hrs Meditation
1100 - 1200 hrs Aquatic Yoga
1330 - 1415 hrs How to Reflex Yourself
1430 - 1500 hrs Spa Orientation at The Dheva Spa
1600 - 1700 hrs Vinyasa Yoga

Friday
0800 - 0845 hrs Surya Namaskar
1000 - 1030 hrs Aqua Fitness
1400 - 1500 hrs Stretching Class
1430 - 1500 hrs Spa Orientation at The Dheva Spa
1600 - 1700 hrs Hatha Yoga

Saturday
0800 - 0900 hrs Walking Meditation
1400 - 1445 hrs Thai Boxing Class
1430 - 1500 hrs Spa Orientation at The Dheva Spa
1600 - 1700 hrs Vinyasa Yoga

Sunday
0800 - 0900 hrs Yoga for Beginner
1130 - 1200 hrs PranaYama Breathing
1330 - 1415 hrs Knowledge of Ayurvedic Herbs
1430 - 1500 hrs Spa Orientation at The Dheva Spa
1600 - 1700 hrs Hatha Yoga



- Venue for all daily Yoga Classes is Tai Lue Hall (opposite villa 21)
- Venue for Aqua Fitness is Colonial Pool
- All Health and Wellness Activities are held at Fitness Centre
- All Fitness Classes are limited to 5 participants and advance registration is preferable
- Please ask for the update Weekly Activity Calendar upon arrival

* Wellness Lecture is a rotating series conducted by in-house health specialists.

Cardiovascular, Fat Burning, Strengthening, Flexibility and Toning Body (max. 5 guests per session)

All of these group classes promote flexibility, strengthening, conditioning, balance and muscle tone. They also improve joint range of motion and reduce stress, at the same time being particularly effective for fat and calorie burning as they provide a workout for the whole body.

Each of these classes can be taught on a personal one-on-one basis. For further information, please contact the Health and Fitness Centre at ext. 8751. Private Tuition Fees: all Fitness Classes per hour THB 1,200+-. Private Tennis Knocker per hour THB 1,200+-. 1,200++ (plus 10% service charge and 7% government tax).

Cancellation Policy: Cancellation 4 hours in advance of a session incur no charge. Cancellation less than 2 hours before the scheduled session incur a 50% charge, whilst those less than 2 hours advance, a 100% charge.

The Fitness Centre is open daily from 0630 to 2000 hrs. For the use of tennis rackets and balls, please contact ext 8751.

Mind - Body - Spirit Classes

These classes focus on health and longevity. They provide a complete physical workout whilst also helping to reduce stress, improve mind and body awareness and breath control, returning us to balance both physically and mentally.

Yin Yang Yoga - In this yoga class, Yang is represented by energetic and upright yogic postures while Yin is represented by

Evening Wellness Lecture - In this rotating lecture series, get insights into Ayurvedic Medicine or Tradition Chinese Medicine at Craft Village (2nd floor, Lanna Kids Club).

In addition to our complimentary wellness classes, we also offer personal one-to-one sessions to address your individual needs in the luxurious surroundings of your private villa: Hatha, Surya Namaskar, PranaYama, Aquatic Yoga, Meditation and Ashtanga Yoga.

Private Tuition Fees: Per 90 minutes THB 3,800 plus 10% service charge and 7% government tax.

For reservations, please contact Spa Reception on ext 8983.

Jum Sri Hall Library Open daily from 0900 - 2000 hrs

The month of July brings with it a change of season. After several months of scorching summer heat, the first sign of relief appears on the horizon in the form of gathering storm clouds. Bringing with them the promise of cooling rain, these clouds arrive with the monsoon winds that sweep across the region at this time each year. The monsoon unites people throughout Asia in a way that neither ethnicity nor geography can. From the remote reaches of Indonesian's eastern islands to mainland Southeast Asia, India, China, Japan and as far north as the Himalayas, the monsoon rains mean life; swelling the rivers, turning the forests green and softening the fields for the planting of rice.

Our library's July features include a list of books, CDs and DVDs which are connected to this special time of year: the Monsoon, its rains and the planting of rice. Kindly call extension 8554 to have any of these items delivered to your villa.

Cultural Tour (max. 6 guests per session)



Cultural Walking Tour : Walking through the beauty of Lanna's past by highlighting the art, architecture, customs and beliefs of Lanna by exploring Mandarin Oriental Dhara Dhevi.

Rice Field Activity (Adults) : Once in your lifetime, experience being on the back of a water buffalo and understanding the life cycle of rice. For reservation, please contact Concierge on ext 8401 or 8997.

Monday / Wednesday / Sunday
1000 - 1100 hrs Cultural Tour
1500 - 1600 hrs Rice Field Activity



Living history at Craft Village

Monday / Wednesday / Friday
0900 - 1200 hrs Umbrella & Fan Painting / Bamboo Weaving
Lotus Folding / Cotton Weaving
1300 - 1600 hrs Bamboo Weaving
Candle Making
Cotton Weaving

Tuesday / Thursday
0900 - 1200 hrs Lanna Flag Cutting / Bamboo Weaving
Flowing Making / Palm Leaf Weaving
Cotton Weaving
1300 - 1600 hrs Bamboo Weaving / Dok Satang Making
Candle Making / Cotton Weaving

Saturday / Sunday
0900 - 1200 hrs Lantern Making / Bamboo Weaving
Cotton Weaving / Lanna Flag Cutting
1300 - 1600 hrs Cotton Weaving / Flower Arrangement
Bamboo Weaving /

Babysitting (available 24 hours)

Request to be made with minimum 3 hours in advance. Please contact Concierge ext 8401 or 8997. 1 Babysitter for 2 children only.

Charges: During the day at **THB 400/hour**. After 2100 hrs, there will be an additional transportation charge of THB 200.

Lanna Kids Club

Family Rice Planting
The Lanna Kids Club offers an exciting private activity "The Family Rice Planting". It's the opportunity for families to enjoy the holiday of their lifetime and allowing kids to have fun with the entire family, learn new things and experience the culture and traditions of Northern Thailand.

Package includes: Photo CD, portrait from the activities and a Lanna Kids Club Certificate.

THB 3,000++ per Family (Maximum 5 persons)
Price is subject to 10% service charge and 7% government tax.



Lanna Kids Club Activities

Monday
1000 - 1100 hrs Making Sa Paper
1100 - 1200 hrs Fancy Card Making
1330 - 1430 hrs Lantern Making
1500 - 1600 hrs Ceramic Painting

Tuesday
1000 - 1100 hrs Resort Tour for Kids
1330 - 1430 hrs Umbrella Painting
1500 - 1530 hrs Yoga for Kids
1600 - 1700 hrs Rice Planting & Buffalo Riding

Wednesday
1000 - 1100 hrs Lotus Folding
1100 - 1200 hrs Umbrella Painting
1330 - 1430 hrs Clay Molding
1500 - 1600 hrs Mulberry Art

Thursday
1000 - 1100 hrs Making Sa Paper
1100 - 1200 hrs Fancy Card Making
1330 - 1430 hrs Lanna Paper Cutting
1600 - 1700 hrs Rice Planting & Buffalo Riding

Friday
1000 - 1100 hrs Lantern Making
1330 - 1430 hrs Mulberry Art
1500 - 1530 hrs Yoga for Kids

Saturday
1000 - 1100 hrs Ceramic Painting
1100 - 1200 hrs Thai Dancing
1400 - 1500 hrs Umbrella Painting
1500 - 1600 hrs Clay Molding

Sunday
1000 - 1100 hrs Making Sa Paper
1100 - 1200 hrs Fan Painting
1330 - 1430 hrs Mulberry Art

For more information and booking please contact ext 8401, 8997 or contact Lanna Kids Club ext 8827 from 0900 - 1700 hrs.