

Special Private Activities

Cooking Class with Market Tour

Venue: Oriental Culinary Academy
Monday - Saturday: 09:00 - 13:30 hrs
THB 5,000++/person

Cooking Class

Venue: Oriental Culinary Academy
Monday - Friday: 10:30 - 13:30
Or 15:30 - 17:30 hrs
THB 3,500++/person

Cooking Class for Little Fans

(5 to 12 years of age - with parents' supervision)
Venue: Pastry and Bakery Kitchen
Saturday: 15:30 - 17:30 hrs
THB 2,500++/person

Fruit Carving Class

Venue: Oriental Culinary Academy
Monday - Saturday: 13:30 - 14:30 hrs
THB 1,000++/person

In-Villa Barbecue

Venue: Your villa
Bountiful Mandalay: THB 2,500++/person *
Dhara Dhevi Delight: THB 3,600++/person *
Lanna Kingdom: THB 4,800++/person *
* For a minimum of 2 persons per menu

Private Cultural Tour

Venue : Main Lobby THB 500++/person

Private Rice Field Activity

(Adults only)

Venue: Lanna Kids Club THB 900++/person

Private Family Rice Planting & Buffalo Riding

Venue: Lanna Kids Club

THB 3,000++/family of 5

(The 6th person will be charged THB 900++)

Private Painting Class

Venue: Lanna Kids Club
Shirt Painting: THB 500++/child
Batik Class: THB 500++/child

Private Thai Dancing

Venue: Lanna Kids Club
THB 1,000++/child

Private Tennis

Venue: Fitness Centre
Private session with knocker: THB 1,200++/hour

For reservation: Ext. 8997 / 8401



Resort Activities and Wellness Programmes April 2012



Class Descriptions

Aqua Exercise is a gentle way to exercise your joints and muscles in the water using its natural resistance to build and improve muscle strength. (30 mins)

Core Crazy will shape and tone the abdominals with a perfect blend of traditional and core stabilization exercises that will give strength and stability to your torso. (45 mins)

Fit ball exercises improve your balance skills and precision of movement. As Fit ball is unstable, you have to actively involve more muscle groups. (45 mins)

Fitness Circuit is high-energy workout for the whole body which is an efficient and safe way to rev up your metabolism, burn calories and get you moving. (45 mins)

How to Reflex yourself is an easy practice session to learn how to map and treat your whole body through the hands and feet (30 mins).

Lanna Martial Arts, known as an art of self defense, helps to strengthen the body, by providing the flexibility of muscles, tendons and joints using special body movements in the form of dance. (45 mins)

Meditation begins with a visualization technique to assist in enhancing mental concentration. Good meditation can help empty and relax the mind and body for overall health. (45 mins)

Partner Massage provides basic and efficient massage techniques that you and your partner can learn to massage and relax each other adding quality time to your relationship. (45 mins)

Spa & Wellness Orientation The Dheva Spa offers a tour of spa facilities including brief information of highlighted treatments. (30 mins)

Stretch Class helps release stiffness and tightness through a series of basic stretching techniques. (45 mins)

Teen Boot Camp Let our fitness staff put your teens through a rigorous cardio and strength training workout. (45 mins)

Tennis Clinic is designed to enhance their tennis skills while making new friends and to enjoy the open air sport in this age of technology. (45 mins)

Thai Boxing is a general introduction to the art of Muay Thai or Thai boxing. (45 mins)

Thai Boxing for Kids is a general introduction to the art of Muay Thai or Thai boxing. (30 mins)

Yoga for Kids helps children develop body awareness, self-control, flexibility and coordination. (30 mins)

Yoga for Beginner is suitable for everyone; it involves gentle body movements based on basic principles of Hatha yoga. (45 mins)

Lanna Kids Club

Have fun and enjoy your holiday at **Lanna Kids Club**. An imaginative schedule of activities and classes for kids are offered everyday for children 4 - 12 years of age. Kindly reserve a place for your child through the Concierge Desk or at The Lanna Kids Club.

- Maximum 1 hr session is available
For children under 7 years of age.
- Maximum 1.5 hrs sessions are available
For children 8 - 12 years of age.
- For Rice Planting, Resort Tour, kindly reserves your child's place 3 hours in advance.
- Thai activities are available as mentioned on the Resort Activities Schedule for Kids at Lanna Kids Club.
- For Arts and Crafts, Thai Dancing and Lotus Folding, Kindly reserve one day in advance.

Baby Sitting

Request must be made 24 hours in advance with our Concierge at ext. 8401 or 8997.

Charges THB 400 / hour + 5% surcharge during daytime.
After 21:00 hrs an additional transport charge of THB 200 applies.

BS Available 24 hrs.

Note 1 Babysitter for maximum 2 children.

Resort Activities & Wellness Programmes: April 2012

Monday

| Time | Class/Venue | Contact |
|-----------|---|---------------|
| 08:00 hrs | Meditation <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 09:00 hrs | Kid's Club Activity Starts <i>Kids Club</i> | Ext.8827/8828 |
| 09:00 hrs | Craft Village Activity Starts <i>Craft Village</i> | Ext.8997/8401 |
| 10:00 hrs | Cultural Tour <i>Main Lobby</i> | Ext.8997/8401 |
| 11:00 hrs | Stretch Class <i>Fitness Centre</i> | Ext.8751 |
| 12:00 hrs | Partner Massage <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 13:00 hrs | Painting Class for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Paper Art for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Teen Boot Camp <i>Fitness Centre</i> | Ext.8751 |
| 15:00 hrs | Rice Field Activity for Adults <i>Kids Club</i> | Ext.8827/8828 |

Tuesday

| Time | Class/Venue | Contact |
|-----------|--|-----------------|
| 08:00 hrs | Meditation <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 09:00 hrs | Kid's Club Activity Starts <i>Kids Club</i> | Ext.8827/8828 |
| 09:00 hrs | Craft Village Activity Starts <i>Craft Village</i> | Ext.8997/8401 |
| 10:00 hrs | Spa & Wellness Orientation <i>Dheva Spa and Wellness Centre</i> | Ext.8983 / 8987 |
| 11:00 hrs | Fitness Circuit <i>Fitness Centre</i> | Ext.8751 |
| 12:00 hrs | How to Reflex your self <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 13:00 hrs | Clay Workshop for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Crafts for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Yoga for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 16:00 hrs | Rice Planting and Buffalo Riding for Kids <i>Kids Club</i> | Ext.8827/8828 |

Wednesday

| Time | Class/Venue | Contact |
|-----------|---|---------------|
| 08:00 hrs | Meditation <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 09:00 hrs | Kid's Club Activity Starts <i>Kids Club</i> | Ext.8827/8828 |
| 09:00 hrs | Craft Village Activity Starts <i>Craft Village</i> | Ext.8997/8401 |
| 10:00 hrs | Cultural Tour <i>Main Lobby</i> | Ext.8997/8401 |
| 11:00 hrs | Core Crazy <i>Fitness Centre</i> | Ext.8751 |
| 12:00 hrs | Aqua Exercise <i>Colonial Pool</i> | Ext.8751 |
| 13:00 hrs | Painting Class for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Paper Art for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Teen Boot Camp <i>Fitness Centre</i> | Ext.8751 |
| 15:00 hrs | Rice Field Activity for Adults <i>Kids Club</i> | Ext.8827/8828 |

Thursday

| Time | Class/Venue | Contact |
|-----------|--|-----------------|
| 08:00 hrs | Lanna Martial Arts <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 09:00 hrs | Kid's Club Activity Starts <i>Kids Club</i> | Ext.8827/8828 |
| 09:00 hrs | Craft Village Activity Starts <i>Craft Village</i> | Ext.8997/8401 |
| 10:00 hrs | Spa & Wellness Orientation <i>Dheva Spa and Wellness Centre</i> | Ext.8983 / 8987 |
| 11:00 hrs | Stretch Class <i>Fitness Centre</i> | Ext.8751 |
| 12:00 hrs | How to Reflex your self <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 13:00 hrs | Clay Workshop for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Craft for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Thai Boxing for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 16:00 hrs | Rice Planting and Buffalo Riding for Kids <i>Kids Club</i> | Ext.8827/8828 |

Friday

| Time | Class/Venue | Contact |
|-----------|---|---------------|
| 08:00 hrs | Meditation <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 09:00 hrs | Kid's Club Activity Starts <i>Kids Club</i> | Ext.8827/8828 |
| 09:00 hrs | Craft Village Activity Starts <i>Craft Village</i> | Ext.8997/8401 |
| 10:00 hrs | Cultural Tour <i>Main Lobby</i> | Ext.8997/8401 |
| 11:00 hrs | Fitness Circuit <i>Fitness Centre</i> | Ext.8751 |
| 12:00 hrs | Partner Massage <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 13:00 hrs | Painting Class for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Teen Boot Camp <i>Fitness Centre</i> | Ext.8751 |
| 14:00 hrs | Thai Dancing for Kids <i>Kids Club</i> | Ext.8827/8828 |

Saturday

| Time | Class/Venue | Contact |
|-----------|--|-----------------|
| 08:00 hrs | Meditation <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 09:00 hrs | Kid's Club Activity Starts <i>Kids Club</i> | Ext.8827/8828 |
| 09:00 hrs | Craft Village Activity Starts <i>Craft Village</i> | Ext.8997/8401 |
| 10:00 hrs | Spa & Wellness Orientation <i>Dheva Spa and Wellness Centre</i> | Ext.8983 / 8987 |
| 11:00 hrs | Core Crazy <i>Fitness Centre</i> | Ext.8751 |
| 12:00 hrs | Aqua Exercise <i>Colonial Pool</i> | Ext.8751 |
| 13:00 hrs | Clay Workshop for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Thai Boxing for Adults <i>Fitness Centre</i> | Ext.8751 |
| 14:00 hrs | Paper Art for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 15:00 hrs | Rice Field Activity for Adults <i>Kids Club</i> | Ext.8827/8828 |

Sunday

| Time | Class/Venue | Contact |
|-----------|--|-----------------|
| 08:00 hrs | Yoga for Beginner <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 09:00 hrs | Kid's Club Activity Starts <i>Kids Club</i> | Ext.8827/8828 |
| 09:00 hrs | Craft Village Activity Starts <i>Craft Village</i> | Ext.8997/8401 |
| 10:00 hrs | Spa & Wellness Orientation <i>Dheva Spa and Wellness Centre</i> | Ext.8983 / 8987 |
| 11:00 hrs | Fitball Class <i>Fitness Centre</i> | Ext.8751 |
| 12:00 hrs | Partner Massage <i>Fitness Yoga Pavilion</i> | Ext.8751 |
| 13:00 hrs | Painting Class for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 14:00 hrs | Tennis Clinic <i>Tennis Court</i> | Ext.8751 |
| 14:00 hrs | Craft for Kids <i>Kids Club</i> | Ext.8827/8828 |
| 15:00 hrs | Thai Boxing for Kids <i>Kids Club</i> | Ext.8827/8828 |



*For further information of other optional activities please contact Ext.8827 / 8828 **

**Advance reservation is highly recommended for Teen Activities (Aged 12 -15 yrs). **