



# NOURISH YOUR BODY IN NATURE'S WONDER

## Daily Schedule

### Day 1: Sunday

4

14:00 PM.	Check-in
16:00 PM.	Welcome Meeting in the Pool Bar
19:30 PM.	Dinner at Farm to Table Restaurant

### Day 2: Monday

5

08:00 AM.	Flow Yoga Class
09:45 AM.	Buffet Breakfast
11:00 AM.	Farm Tour
11:30 AM.	Cooking Class
13:30 PM.	Lunch
16:00 PM.	Vinyasa Yoga
17:00 PM.	Time for massage
19:30 PM.	Dinner

### Day 3: Tuesday

6

08:00 AM.	Gyrokinesis Class on the stool
09:45 AM.	Buffet Breakfast
11:00 AM.	Shuttle to Visit Kuang Si Waterfalls
12:00 AM.	Lunch in your own
14:30 PM.	Shuttle to Namkhan Ecolodge
16:00 PM.	Yin Yoga
18:00 PM.	Tour to the Temples
19:00 PM.	Free time to visit Night Market
	Dinner at your own
21:30 PM.	Shuttle to the Ecolodge

### Day 4: Wednesday

7

06:00 AM.	Shuttle to the city for Alms Giving
	Day Market and Phoussy Mountain
09:00 AM.	Shuttle to Namkhan Ecolodge Buffet Breakfast
11:00 AM.	Free time for Massage or Activities
13:30 PM.	Lunch
17:00 PM.	Yoga Class and Full Moon Meditation
19:30 PM.	Dinner

### Day 5: Thursday

8

08:00 AM.	Pilates with Bamboo Stick
09:45 AM.	Buffet Breakfast
10:45 AM.	Relax time to enjoy the facilities and activities of Namkhan Ecolodge
12:30 PM.	Lunch
14:30 PM.	Static Dance Yoga
16:00 PM.	Shuttle to the Mekong River for Boat Sunset Tour
19:00 PM.	Shuttle to Namkhan Ecolodge
19:30 PM.	Dinner at your own, option Farm to table, special BBQ in the island (Not included)
	Full Moon Music

### Day 6: Friday

9

08:00 AM.	Yoga class and Meditation
09:45 AM.	Buffet Breakfast
	Good Bye
12:00 PM.	Check Out

## CONTACT

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**NAMKHAN**

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