



PARADEE DAILY ACTIVITIES



DAY	ACTIVITY	TIME
MONDAY	MAKING FLOWER GARLAND (ร้อยพวงมาลัย)	14:00 - 15:00
TUESDAY	TOTE BAG PAINTING (ระบายสีกระเป๋าผ้า)	13:00 - 14:00
WEDNESDAY	THAI STRETCHING (ยืดเส้น)	09:30 - 10:30
THURSDAY	WEAVING COCONUT LEAVES (สานใบมะพร้าว)	13:00 - 14:00
SATURDAY	T-SHIRT PAINTING (ระบายสีเสื้อยืด)	15:00 - 16:00
SUNDAY	YOGA (โยคะ)	08:00 - 09:00
	BATIK PAINT (ระบายสีผ้าบาติก)	14:00 - 15:30

ACTIVITIES TO BE BOOKED IN ADVANCE

- 1.) COOKING CLASS THB 6,000/2 PAX
- 2.) VIEWPOINT HIKING (TO AO PA KA RANG VIEWPOINT) FREE OF CHARGE
ADDITIONAL CHARGE AT THB 350.- FOR NAVIGATION STAFF

ITEMS AVAILABLE FOR BORROWING

- 1.) BOARD GAME
- 2.) YOGA MAT

ICE BATH WORKSHOP

SCHEDULE

1800.- / PERSON
TIME 11.00- 12.30



1. Mindful Breathing & Meditation (20 mins)

- Practice Wim Hof or Pranayama breathwork
- Learn to use breath for stress relief and body balance
- Conclude with intention setting for ice bathing

2. Yoga Flow & Mobility (20 mins)

- Focus on hip opening, joint mobility, and circulation
- Perform poses to adapt to temperature changes
- Build strength and flexibility for ice bathing

3. Ice Bathing (25-30 mins)

Set 1 (3 mins) - Acclimate to cold with breathing control

Set 2 (over 3 mins) - Relax into the cold and consciously feel the flow of energy throughout your body

Set 3 (based on tolerance) - Challenge limits with breathing techniques

4. Closing & Recovery (10 mins)

- Sit and enjoy a warm tea to restore energy, and share experiences
- Brief meditation to recharge
- Receive advice on applying techniques to daily life

5. Writing Down Your Feelings (10-15 mins)

- Reflect on emotions and changes
- Observe body and mind
- Receive advice on applying techniques to daily life

For more information please contact 038 644 285