



Wellness and Lifestyle Activities at Garrya Tongsai Bay Samui

Explore our curated selection of activities designed to invigorate both the body and mind, all set amidst the serene beauty of our natural surroundings.

► **Nature Walk**
Mon, Wed, Fri | 07:30 – 08:30 hrs.

Embark on a tranquil walk to a beautiful viewpoint, allowing you to unwind and connect with the surrounding beauty.

► **Social Hour at Po-Lad Beach Bar**
Tue* | 18:00 – 19:00 hrs.

Join fellow guests for complimentary drinks and live music in a relaxed, social atmosphere.

*The date may change depending on the season.

► **Royal Thai Snack Workshop at EVOL**
Thu | 15:00 – 16:00 hrs.

Learn the art of crafting the traditional Thai snack 'Miang Kham', using fresh and flavorful ingredients.

Please note that the workshop content may vary weekly.

For more information,
please call us +6677913750 or email
Reservations-Tongsai Bay@garrya.com



At The Beach

- ▶ **Tai Chi**
Fri | 17:00 – 17:45 hrs.

Experience the ancient Chinese art of Tai Chi, where slow, mindful movements cultivate energy flow and enhance balance and serenity.

- ▶ **Beach Meditation**
Sun | 17:00 – 17:30 hrs.

Rejuvenate your mind with a guided meditation on the beach, soaking in the calming effects of the sea breeze and the natural environment.

At The Exercise Room

- ▶ **Circuit Strength**
Thu | 16:00 – 17:00 hrs.

Revitalize your body with an invigorating circuit combining cardio, resistance, and functional training exercises to build strength and endurance.

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At The Yoga Studio

- ▶ **Body Stretch**
Mon & Wed | 16:00 – 17:00 hrs.
Improve flexibility and reduce muscle tension with expert-guided stretching techniques, designed to enhance overall wellbeing.
- ▶ **Gentle Yoga**
Tue, Thu, Sat | 08:00 – 09:00 hrs.
A calming introduction to yoga, focusing on enhancing flexibility and building muscle strength at a comfortable pace.
- ▶ **Core Exercises**
Tue | 16:00 – 16:30 hrs.
Target and tone your abdominal muscles with a session focused on strength, definition, and core stability.
- ▶ **Intro to Muay Thai**
Sun | 08:00 – 09:00 hrs.
Dive into the basics of Muay Thai, learning the fundamentals of this revered martial art while getting a full-body workout.

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Organic Garden Tour

- Explore sustainable farming and the bountiful harvests of our Organic Garden, fostering a deeper connection with nature.

Our Organic Garden

- Since 2003, as a part of our environmental initiatives “Green Project” we have been practicing the following sustainability activities in our 8,000 square meter garden.

Growing vegetables and herbs, as well as flowers and plants to be utilized in our resort. Producing distilled citronella extract. Propagating plants with the “layering” method.

Producing organic fertilizer from leftover food from our hotel’s outlets. Producing our own charcoal from old wood or dead trees.

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Additional Wellbeing & Lifestyle Activities

Additional charges apply.

Basic Muay Thai Class

Daily from 10:00 – 14:00 hrs.
at the Yoga Studio

Engage in an authentic Thai boxing experience, combining intense cardio with the discipline of Muay Thai.

60-minute private session for THB 1,500 per person (maximum 3 participants per class).

Advanced booking required.



Thai Cooking Class at RHOY RHOY!

Experience the art of Thai cuisine with a hands-on cooking class, guided by our expert chefs. The class features fresh, seasonal ingredients from our organic garden.

THB 3,000 net per person.
Please book 24 hours in advance.

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Halfday Wellness Retreat

A holistic journey designed to restore your health, energy, and clarity. This exclusive package includes a private yoga session, Thai herbal steam, body massage, and a nourishing 3-course meal.

Package includes:

- 60-minute Private Yoga, Muay Thai, or Stretching Class
- 30-minute Thai Herbal Steam
- 60-minute Deep Body Work Massage
- 3-Course Healthy Cuisine Menu

THB 6,900 net per person

THB 11,900 net per couple



Local Temple Tour

Every 2nd & 4th Wednesday
From 13:00 – 14:00 hrs.

Immerse yourself in local culture and spirituality with a guided tour of the nearby temple.

Minimum of two participants required.
THB 500 per person.

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