



ANDAMAN WELLNESS
สมาธิบำบัด ฝึกจิตดูใจ ณ เกาะภูเก็ต

One Day Meditation RETREAT SCHEDULE

MORNING SESSIONS

08:30 - 09:00	Registration & Welcome drink
09:00 - 10:30	Guided Meditation (Session 1)
10:30 - 11:00	Short break and stretching times
11:00 - 12:00	Guided Meditation (Session 2)



HEALTHY LUNCH & RELAXING TIMES

12:30 - 13:30	Healthy lunch
13:30 - 14:00	Relaxing times by pool

AFTERNOON SESSIONS

14:00 - 15:00	Sound therapy
15:00 - 15:30	Break & refreshment
15:30 - 17:00	Guided Meditation (Session 3)
	Q & A session



www.andamanwellness.com



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