



ANANTARA

KOH YAO YAI
RESORT & VILLAS



An Immersive Thai Cultural Day

A signature experience of culture, wellness and authentic island life.
Slow down and embrace the charm of Thai culture through a thoughtfully
curated day of meaningful experiences.





Morning: Sunrise and Spiritual Connection

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| 7:15 am : | A special Thai ceremony at the Mindfulness House |
| 7:30 am to 10:30 am : | Koh Yao Yai-Style Breakfast
Savor a local morning feast featuring a varied selection of authentic Southern Thai specialties. |
| 10:30 am onwards : | Thai Traditional Medicine & Spa Ritual <ul style="list-style-type: none">• Thai therapeutic massage with Chay Yaad oil• Ancient Thai Tok Sen therapy by the beach |





Culture & Culinary Discovery

- 11:00 am to 1:00 pm :

Spice Spoons: Thai Cooking Class

Special Dish: Tom yum goong

Learn to cook tom yum goong, a spicy and sour soup with fresh tiger prawns from a local floating farm. A true taste of authentic Thai cuisine.
- 2:00 pm onwards :

Traditional Crafts & Local Life Experiences

Select your favorite activity:

• Traditional Thai batik painting (Batik de Koh Yao)

• Coconut leaf handicraft

• Herbal inhaler production

• Muay Thai boxing
- 3:30 pm :

Village Tour and Cultural Walk

Join a half-day guided tour through Koh Yao Yai village, where you'll meet friendly locals and step into their daily lives.





Sunset Serenity & Fine Thai Dining

- 5:30 pm : Southern Thai Dance & Sunset Cocktails
Enjoy an intimate Thai dance or Muay Ka Yong performance followed by cocktails infused with Thai botanicals on the terrace overlooking the sea.
- 7:00 pm : Degustation Thai Dinner
A tasting menu inspired by southern royal cuisine.

Night: Reflection & Tranquility

- 9:00 pm : Hand-Washing Ritual for Mindful Tranquility
A traditional Nam Loy Som Poy washing ritual symbolising purification and respect, cleansing both body and spirit.
- 9:30 pm : Turndown Ritual
Thai scented sachet crafted in traditional Phang Nga fabric.

