



MUAY THAI



ANANTARA
MAI KHAO • PHUKET
VILLAS



MUAY THAI

THAILAND'S WORLD FAMOUS MARTIAL ART

Muay Thai kick boxing is Thailand's indigenous martial art form and much loved national sport. Now popular the world over, this unique unarmed combat style was once used by Siamese soldiers after losing their weapons in battle.

Today matches commence with the two contenders performing "Wai-Khru" to pay respect to their instructors, the tournament's chairman and His Majesty the King.

Known as the "art of eight limbs", fighters use knees, shins, feet and elbows, and demonstrate great technical skill, coordination, flexibility and stamina to compete, with total commitment of body, mind and soul.



MUAY THAI GURU

Get fighting fit as you train in Thailand's revered martial art form with a personal Thai boxing instructor. Learn about the sport's history and master the science of eight limbs with pad and mitt work to increase cardiovascular conditioning, hip mobility, leg and core strength, as well as enjoying a great way to relieve stress.

Private and group lessons available.

Muay Thai shorts, a cold towel and drinking water are provided.

At our very own Muay Thai boxing ring located near the tennis court.

For more information and reservations, please Dial 0 for Guest Service Centre



THREE DAY MUAY THAI CHALLENGE

This three day challenge is designed to immerse you in the world of Muay Thai, with two days of professional training at our resort followed by a lesson in a local Muay Thai boxing gym for a real taste of how locals train.

Day 1 Beginner Muay Thai training lesson at resort (90 minutes)

Day 2 Beginner Muay Thai training lesson at resort (90 minutes)

Day 3 Private Muay Thai training lesson with a professional Thai boxer at Sumalee Boxing Gym or similar professional boxing gym (90 minutes)

This special Muay Thai package includes Thai boxing shorts, drinking water and cold towels, as well as roundtrip transportation to Sumalee Boxing Gym.

At least one day advanced reservation is required.



ACTIVE LIFE PACKAGES

Enhance your health and wellbeing with a choice of two energising and relaxing packages. Enjoy a revitalising Ashtanga Yoga class of guided asana postures and breathing techniques to develop strength, balance, posture and a calm state of mind. Or challenge yourself to a Muay Thai Boxing class and learn the science of eight limbs with pad and mitt work to increase cardiovascular conditioning, hip mobility, leg and core strength, as well as relieving stress. Then soothe your muscles and surrender to deep relaxation as we pamper you with an Aroma Massage in the tranquil sanctuary of Anantara Spa.

- Ashtanga Yoga Class (60 minutes) and Aroma Massage (90 minutes)
- Muay Thai Boxing Class (60 minutes) and Aroma Massage (90 minutes)



KIDS THAI BOXING

Our child friendly coach turns boxing fitness training into a playful activity to keep your little ones motivated and full of energy.

A great exercise to develop co-ordination, strength, flexibility and endurance, Thai boxing is also a fun way to boost self confidence.

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