

# Healthy Lifestyle Activities at Krabi Boat Lagoon EVERY SATURDAY!

1500 THB  
Person

Surrounded by nature and fresh air, which is "living at its best" atmosphere at the Krabi Boat Lagoon, we are embarking on giving you an experience not to be missed for your healthy lifestyle. In partnership with well-known fitness and wellness coach, Zina and her husband, Doc, who is also a Muay Thai instructor, Krabi Boat Lagoon is set to introduce living your life to the best in nature experience.

Zina, who has already been at Krabi for over 8-years and through her fitness and wellness coaching classes, is well known for her services. She has been working with various individuals and groups, in assisting to shape up a healthy living and healthy lifestyle. We at Krabi Boat Lagoon are proud to form collaboration with Zina, to bring a new experience at our marina.

The new lifestyle experience package that is exclusively tailored for Krabi Boat Lagoon are:

8:00am Transfer to pier (Krabi town)

Shuttle service is provided from your residence, hotel, resort within Krabi and Ao Nang area (additional fee applies for those residing at Klong Muang or other vicinity)

8:30am Transfer by boat to Krabi Boat Lagoon

(Light refreshments will be served, while you enjoy the beauty of nature, cruising the Krabi River Boat Lagoon)

9:00am Fitness Training

Fitness Training commences at the Dock area.

Sessions includes Cardio Vascular training, body strengthening, stretching and endurance

10:00am Pool cool down Session

Participants are ushered to our swimming pool, for the cool down session

Fresh fruits smoothies are served after the swimming workout session.

11:00am Health Education Session

You will be guided on the "7 Pillars of Health" education, on self-realization, overall health of what is needed to understand about your well-being.

12:00pm Raw Food Preparation Session

You will be trained with some edible live food eating session. This is an amazing experience to prepare good food for a healthy lifestyle.

2:00pm Chill-Out Zone

You have an option of relaxing by the swimming pool or participating in a Yoga/ Tai Chi session. Massage services are available at Krabi Boat Lagoon for a fee (not included in the Healthy Lifestyle Activity).

3:00pm Transfer back to Ao Nang/Krabi

Return transfer will be by road transport. You will be dropped off at the morning pick up point



## Things to bring:

Exercise attire  
Training shoes  
Swim wear  
Towel  
Change of clothes  
Personal toiletries

Or contact our Krabi Boat Lagoon Team:

[www.krabiboatlagoon.com](http://www.krabiboatlagoon.com);

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For reservations, kindly contact Zina at: +66 (0) 80 770 5734 / +66 (0) 80 889 1779

