



A TIME FOR RENEWAL

SONGKRAN CELEBRATION 2026

The Thai New Year is a time to pause, reset and set new intentions going forth. We invite you to join us at your 'Haven of Life' for a few days, the whole week, or longer. Your time with us will be filled with cultural connection, holistic renewal and purposeful living.

SATURDAY 11th APRIL

11.00 - 12.00, in the Dance Studio **THAI CLASSICAL DANCE**

Dancing is an ideal way to improve your posture, balance and coordination. Learn graceful moves while having fun and relieving stress in the best way possible.

14.00 - 15.00, in the Orchid Lounge **FLOWER GARLAND ARRANGEMENT**

Fragrant puang malai garlands are often presented as offerings on special occasions. Making them is a unique Thai art that requires delicacy and also concentration.

15.00 - 15.50, in the Sound Therapy Room **HARMONY RESET - SOUND & REFLECTION EXPERIENCE**

A guided relaxation session using the soothing sounds of tuning forks and chakra chimes to deepen the stillness within.

18.30 - 21.00, at the Taste of Siam **SEAFOOD BARBECUE DINNER**

We begin the week with a convivial dinner among friends, and an enchanting performance of traditional Thai puppetry from a local theatre troupe.

SUNDAY 12th APRIL

11.00 - 12.00, in the Dance Studio **THAI CLASSICAL DANCE**

Dancing is an ideal way to improve your posture, balance and coordination. Learn graceful moves while having fun and relieving stress in the best way possible.

13.00 - 14.00, in the Multi-Function Room **THE SONGKRAN HEALTH RESET TALK CLASS**

Why and how do we age? Learn about the four pillars of longevity, and the small lifestyle habits that can increase your health and life span.

14.00 - 15.00, in the Library **4 ELEMENTS CRYSTAL AROMA ROLLER WORKSHOP**

Craft your very own aromatherapy roller using therapeutic-grade essential oils and healing gemstones, unlocking the harmony of your birth element.

14.00 - 16.00, in the Orchid Lounge **PUANG MAHOT MAKING**

Puang mahot are elaborate paper decorations hung in temples during Songkran. Once you have made yours, you can hang it on our bamboo tree for all to admire.

MONDAY 13th APRIL

7.30, in front of the Spirit House **ALMS GIVING CEREMONY**

Mark the official start of the New Year with a peaceful offering to visiting monks at the Spirit House. Making merit is believed by Buddhists to be an auspicious way to begin anew.

10.00 - 10.50, in the Orchid Lounge **NATURE MANDALA**

Buddhist monks create mandalas not merely for beauty, but also as a way to hone their minds. We invite you to create your own using all-natural materials.

12.00 - 14.00, at the Taste of Siam **SPECIAL TRADITIONAL SONGKRAN DISH 'KHAO CHAE'**

Thailand's favourite dish returns, with cool and fragrant rice topped by traditional accompaniments, reserved only for the hottest months.

15.00 - 15.30, starting from the Front Desk **WATER PARADE**

Now the celebration truly begins, with a brass band leading a lively parade through the gardens, featuring the traditional *Nang Songkran* procession, followed by the joyful splashing that has made Songkran world famous.

15.30 - 16.00, in front of the Spirit House **ROT NAM DAM HUA**

The atmosphere softens with the ritual bathing of a Buddha image. Senior guests are invited to take part in Rot Nam Dum Hua, a Thai gesture of respect, by pouring lustral water over their palms as part of the blessing ritual.

18.30 - 21.00, at the Taste of Siam **SEAFOOD BARBECUE**

Enjoy our gathering by the ocean, along with a special Four Regions of Thailand performance and *Battle*, a Khon performance.

TUESDAY 14th APRIL

11.00 - 12.00, in the Multi-function Room **STAY HYDRATED THIS SONGKRAN: THE SCIENCE OF HYDRATION AND HEALTH**

Liquid intake is important at any time, but especially during the hotter months. Learn the signs indicating that your body may need more fluids, and practical tips to help you stay hydrated.

14.00 - 14.50, in the Multi-Function Room
A TIME FOR EMOTIONAL CLARITY

Gain greater self-awareness and understanding of your emotions by exploring simple ways to release stress and unhelpful thought patterns.

14.00 - 16.00, in the Orchid Lounge
WOVEN AGAVE PURSE PAINTING WORKSHOP

Create a purse to take home and use, painting your own design on sustainable woven fabric made from natural agave fibres and sourced from within the local community.

15.00 - 15.45, in the Yoga Pavilion
MUAY THAI

A dynamic, full-body workout, this class combines four-limb striking techniques with conditioning drills to improve strength, endurance, co-ordination and agility.

15.00 - 15.50, in the Sound Therapy Room
THE HARMONY RESET - SOUND & REFLECTION EXPERIENCE

A guided relaxation session using the soothing sounds of tuning forks and chakra chimes to deepen the stillness within.

WEDNESDAY 15th APRIL

8.30 - 10.30, at Krailart Temple and Mangrove Preservation Ecosystem Project
MANGROVE AND KRAILART TEMPLE TOUR

A peaceful way to start the day, visiting our nearby mangroves and learning about the vital role they play in protecting coastal ecosystems. Finish the morning with a visit to the delightful adjacent temple.

14.00 - 14.50, in the Multi-Function Room
EMOTIONAL INTELLIGENCE JOURNEY

A guided journey that helps you explore your emotional awareness, offering practical tools to cultivate harmony in your daily life.

14.00 - 16.00, in the Orchid Lounge
LOTUS FOLDING WORKSHOP

The lotus, symbol of renewal, is often used as a religious offering or to bring natural beauty into any space. Learn the delicate art of folding their leaves in a unique traditional Thai style.

15.00 - 15.50, in the Multi-Function Room
HOW TO HEAL YOUR RELATIONSHIP

Many relationship challenges arise, not from a lack of love, but from emotional patterns that shape how we communicate. Explore how greater emotional awareness can transform your relationships.

17.00 - 17.45, in the Yoga Pavilion
ANAPANASATI MEDITATION

A mindfulness practice centered around gentle awareness of the natural breath, helping to calm the mind, improve concentration and bring attention to the present moment.

THURSDAY 16th APRIL

14.00 - 16.00, in the Orchid Lounge
MINDFUL MINI GARDENING WORKSHOP

An invitation to reconnect with nature through a calming, hands-on experience. As you create your miniature garden, the process becomes a gentle and soothing meditation.

16.00 - 17.00, at the Beach Gate
BLUE CRAB RELEASE

In homage to the Thai tradition of releasing creatures for merit, we will release juvenile blue crabs back into the ocean, uniting them with their natural habitat.

FRIDAY 17th APRIL

14.00 - 14.50, in the Multi-Function Room
A TIME FOR EMOTIONAL CLARITY

Gain greater self-awareness and understand your emotions, exploring simple ways to release stress and unhelpful thought patterns.

14.00 - 16.00, in the Orchid Lounge
PALM LEAF FAN PAINTING WORKSHOP

A talented local artist will guide you through the steps of painting your own palm leaf fan, ideal for warmer days.

SATURDAY 18th APRIL

16.00 - 16.50, in the Multi-Function Room
SONGKRAN RENEWAL: CALMING THE WIND ELEMENT FOR NERVOUS SYSTEM BALANCE

Highlighting the connection between the wind element and the autonomic nervous system, while introducing nutraceutical therapies and treatments that calm the storm and restore balance.

18.30 - 21.00, at the Taste of Siam
SEAFOOD BARBECUE DINNER

We conclude the week with a vibrant celebration of heritage featuring a Karen performance, as local hill tribes bring their unique culture to life through traditional dance and music.

AVAILABLE THROUGHOUT THE WEEK

You are welcome to visit the peaceful Orchid Lounge at any time during your stay with us, pouring scented water over the Buddha as a symbolic act of purification, and to welcoming good fortune for the year ahead. While there, you may also enjoy exploring the works of local artisans, with an exhibition that celebrates both traditional craftsmanship and contemporary artistic expression.

At lunchtime in the Taste of Siam, a special Songkran refreshment will be waiting for you. From the vibrant Siam Indigo made with butterfly pea extract and lime to classic Thai iced tea, each is designed to cool the body and uplift the senses.

There will also be a selection of ice lollies in the Orchid Lounge, a healthy and cool treat for those warm afternoons.

Finally, chilled cucumber slices can be enjoyed in the Water Therapy Suites. Known for their naturally cooling and soothing properties, they will provide revitalising relief from time spent in the heat.