



CHIVA-SOM HUA HIN | ADRIENNE EVERETT YOGA RESIDENCY

Chiva-Som Hua Hin will welcome yoga instructor Adrienne Everett for an exclusive yoga residency from Saturday 7th to Monday 9th November 2026, with complimentary classes open to all resort guests.

Across the three-day residency, Everett will lead complimentary yoga practices, introducing guests to her distinctive approach through strength, mobility, mindful movement and connection.

The collaboration brings together two philosophies rooted in a shared belief: that well-being extends beyond the physical, shaping how we feel, live and connect with ourselves and others.

PROGRAMME

POWER SCULPT

Saturday 7th November | 8:00 - 8:50

A powerful full-body practice combining controlled resistance training with mindful movement. Designed to build strength, endurance and stability while maintaining a considered connection between breath and body.

THE ADRIENNE METHOD

Sunday 8th November | 8:00 - 8:50

Everett's signature practice and the centrepiece of the residency. This dynamic, heart-led vinyasa combines strength, breath, rhythm and musicality, challenging the body while encouraging focus, presence and emotional connection.

YOGA STRETCH

Sunday 8th November | 17:00 - 17:50

A softer practice designed to release tension and improve mobility. Mindful stretching, breath and considered movement create space in the body while inviting the nervous system to slow down.

SLOW VINYASA FLOW

Monday 9th November | 8:00 - 8:50

The programme concludes with a grounding slow-flow practice, allowing more space between postures and greater attention to breath. Guests leave feeling centred and refreshed, with simple practices to carry beyond the mat.

All four sessions are complimentary for Chiva-Som Hua Hin resort guests and accessible to different levels of yoga experience, with modifications offered throughout.

