

AVANI  
TRIBES



AVANI+  
Hua Hin

# Wellness Wanderer Camp

It's not just a retreat—it's a reset.

19 - 21 September 2025

Escape to the coast for 3 days of movement, mindfulness, and magic.  
Reboot your body and soul only at Avani+ Hua Hin Resort.

*The Flow*

Where stillness meets movement.



*Coach Top*

*The Guardian*

Pushing limits with heart and grit.



*Coach Tuk*

*The Fuel*

Powering wellness from inside out.



*Coach Gibb*

*The Sculptor*

Built by strength Driven by purpose.



*Coach Pob*

*The Guide*

Mindful journeys. Limitless growth.



*Coach Duran*

*The Healer*

Where stillness meets movement.



*Coach Pai*

A 3- day, 2-night package - Room with breakfast

Single  
THB 23,000 ++

Twin  
THB 45,000 ++



Yoga



Ice Bath



Sound Healing



Fun Run



Healthy Food



Bone setting



Party

Prices are subject to 7% government tax and 10% service charge.

For more information and reservations, please call 032 898 989  
or email [avaniwell.vhhv@avanihotels.com](mailto:avaniwell.vhhv@avanihotels.com)  
Spaces are limited - Book your Journey now

AVANI Well



Book now

# Avani Wellness Wanderer Camp

## Friday, 19 September 2025

12.00: Arrive at Avani+ Hua Hin Resort  
12.30: Welcome lunch and check-in  
15.30: Introduction & group ice-breaking with Coach Pob  
16.00: Aqua aerobic session with Coach Pob  
17.00: Ice Bath & Water Challenge at Pool 1  
18.30: Welcome Dinner at Brezza Beach Bar & Restaurant with Chef Gibb  
20.30: Mindfulness talk with Coach Duran from Chiang Mai

## Saturday, 20 September 2025

06.00: Morning mobility & core awakening stretching with Coach Pai  
07.00: Fun run with Coach Pob  
09.00: Breakfast at Staa's  
10.00: Bone Setting Therapy with Coach Duran (Group 1)  
12.00: Healthy Lunch at The Pantry  
13.30: Bone Setting Therapy with Coach Duran (Group 2)  
16.00: Towel Around session with Coach Top  
17.00: Sound Healing session with Coach Pai  
19.00: Dinner at Blue Biscuit with Chef Gibb

## Sunday, 21 September 2025

07.00: Grounding and Tai Chi at the Beachfront with Coach Duran  
08.00: Morning Run and Stretching Coach Pob & Coach Tuk  
09.00: Breakfast at Staa's  
10.00: AvaniWell treatments  
12.00: Check-out

AVANI  
TRIBES



AVANI+  
Hua Hin

#AvaniHuaHin #AvaniHotels #WellnessWanderer



Yoga



Ice Bath



Sound Healing



Fun Run



Healthy Food



Bone setting



Party