# WHAT'S

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3pm TUES, THURS & SAT BOOK NOW AT RECEPTION

SHUTTLE BUS to Chaweng and Fisherman's Village from 10.30am daily for only 50baht per person each way!



#### Tuesday



**COCKTAILS & CANAPES** Meet the Management team at Lanna and enjoy complimentary cocktails and canapes with free massages from our incredible Spa team. 6-7pm at our Poolside Sala



#### TASTE OF THAILAND Experience a taste of Thailand this evening from 6.30pm with a delicious Thai Set Dinner of 4 courses with a Traditional Ranat

show only 850 baht ++



Join us and indulge in tastes from the farm & the ocean including: Caesar Salad New Zealand Mussels Malibu Lobster Bisque Smoked Salmon Chicken Satay Aussie Beef Tenderloin

Tiger Prawns Lanna's Famous Gourmet Dessert Platter 990++ per person

### Saturday



#### UNDER THE SEA

Join us for an wonderful seafood dinner and enjoy an array of delicious options including Whole Blue Crab, Squid, Tiger Prawns, Spicy Seafood Salad, Sautéed Fresh Mussels with Tempura Vegetables and much more! With the smooth sounds of Koran Daniels on saxophone. 7pm - BOOKINGS ESSENTIAL - 990++ per person

#### Monday



LAND ADVENTURE What better way to see the island but from the tree tops. With ziplines, nature walks, abseiling & more – this is a day in Samui's stunning jungle that will thrill you!



SEA ADVENTURE Fancy a trip? Discover the stunning island of Koh Tao and Koh Nang Yuan for the day at only 2,200thb per personal including all transfers and lunch.

Tours & Activities available every day. Please visit Reception to book your next adventure!

## Wednesday



LEARN TO COOK THAI

More than just a cooking class, experience a wonderful afternoon of Thai culture and what makes this cuisine world famous. Learn the wonders of its artistry and unique levels of flavours and aromas.. Enjoy an opportunity to explore a local market with your own Thai tour guide. Available each day with 15% offered off on Wednesdays and a complimentary glass of wine!

#### Friday



WALKING STREET See and experience the amazing sights, sounds and tastes of the infamous Walking Street at Fisherman's Village with our Shuttle Bus leaving at 5.30pm and returning at 9.30pm for only 100 baht

# E-THI FREE THIRTY FRIDAY

Enjoy a 60 minute Lanna Signature or Thai Traditional Massage every Friday & receive an extra 30 minutes of bliss on us. Book at Secret Garden Spa to enjoy this offer

#### Sunday



TREAT YOURSELF! With an amazing 15% OFF, Sunday just got a whole lot better! Book some time in our Secret Garden Spa and let the worries of the world slip away. Excludes Body Packages.



**SUNDAY FUNDAY!** Enjoy our ALL DAY HAPPY HOUR offering Buy 1 Get 1 Free on local beers, cocktails and wine. From 12-6 for Happy Hour



# Treat Your Mind, Body & Soul with our dedicated Yoga teacher Khun Moo @ OM YOGA STUDIO

# Vinyasa Flow Yoga Monday- Saturday 8-9am

Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga of vinyasa and originates from Sanskrit meaning "connection".

A great class for beginners through to advanced.

# Vipassana Meditation Initiation Sunday 4- 5pm

Vipassana in the Buddhist tradition means insight into the true nature of reality.

Finish the week and start anew with a fresh mind, while learning about this tradition with a local Buddhist Monk.



500THB person FOR UNLIMITED CLASSES DURING YOUR STAY!

Please book and receive your vouchers at Lanna reception the day prior to class.



www.lanna-samui.com