



JUNE & JULY ADVENTURES FOR ALL TASTES WITH ÀNI

FOR ALL BOOKINGS ACROSS ÀNI SRI LANKA & THAILAND DURING JUNE & JULY 2024

The beauty of a group holiday with ÀNI – along with our beach-paradise settings and wonderful teams – is the freedom to do different things, reuniting for [relaxation](#), local adventures, [celebrations](#) and [delicious dining](#). ÀNI's luxurious [exclusive-use resorts](#) are designed for [multigenerational or adult-only getaways](#), with more than enough space and facilities for everyone to do as much – or as little – as they please. With a summer of sports ahead, sports tourism is now a huge focus for holidays, guests at ÀNI Thailand can be trained in Muay Thai Boxing with a local champion. Or for those guests who prefer something more relaxing, ÀNI Sri Lanka has created a Wellness Retreat with renowned Sri Lankan Ayurvedic physician Dr. Sarath Guanawardhana.

Thai Boxing: ÀNI Thailand

Benefit from private lessons with Thailand's lead trainer for weight training and Thai Boxing exercises, Champion Kasem Kranam. Muay Thai has a rich and storied history: dating back to the 16th century, it was a peace-time martial art practiced by the soldiers of King [Naresuan](#). It may have ancient origins, but it's increasingly popular today, aligning with a recent rise in sports tourism. It benefits better flexibility, greater self-confidence and supports brain health and memory with the new skills learnt. For ladies it also adds to a self-defence arsenal, it is also suitable for all age groups from kids to adults. Kasem Kranam, fondly known as Kru (teacher) Fronk was awarded the 112 lb weight class International Boxing Champion of the International Muay Thai Association. Passionate about his sport Kru Fronk says *"Life is like a fight. Defeat is declared not when you fall, but when you refuse to stand up again"*. Guests staying for five nights or more can enjoy daily training sessions with Kru Fronk. Train outside each morning for up to two-hours, in the cooler part of the day, with a fun warm up session including stretching and enjoyable games to increase fitness amongst the group. Guests will be taught key Muay Thai moves, that will enable them to confidently enjoy their training, followed by a delicious, healthy breakfast as per their choice. ÀNI will also include tickets to see a professional Muay Thai match at Ao Nang Landmark Boxing Stadium in Krabi. Here guests can soak up the atmosphere and mingle with the locals, alongside your expert instructor and guide. **Useful info:** This experience can be arranged for one or more of the group.

Wellness Retreat: ÀNI Sri Lanka

Guests visiting [ÀNI Sri Lanka](#) can prioritize wellbeing with a new Wellness Retreat, guided by renowned Ayurvedic physician Dr. Sarath Guanawardhana. The treatment programs are designed for inner healing, reconnecting and rejuvenating mind, body and soul. Dr. Sarath, and his two sons draw upon the incredible healing properties of Ayurveda and Hela Wedakama (Sri Lankan indigenous medicine), which was widely adopted by the ancient kings. Each day has a different daily focus. On **arrival day**, the focus will be to combat jet lag, relax by the pool, go for a beach stroll and enjoy Ayurvedic consultations with Dr. Sarath, including personalized Ayurvedic treatments to suit every guests' dosha (constitution). On **day two**, the priority is relaxation, with highlights including a sunrise beach walk and yoga, palm reading by a local expert and a full-body Abhyanga massage using warm herb oils. Guests can unwind with a jasmine aromatherapy meditation session with a female Buddhist monk, then head out onto Mawella lagoon by boat for some contemplative birdwatching. Detox and purify on **day three**, starting with kundalini yoga, before relaxing with a Swedana steam bath and enjoying an Ayurvedic lunch at a colonial house. **Day four** is all about harmonizing doshas, from pranayama breathing sessions to Ayurvedic therapies such as Shirodhara, in which medicated oil is slowly dripped onto the patient's forehead. Other inspiring activities include a Lifestyle Dharma talk with a Buddhist monk, a meditative mask-painting session and a Mettā (loving kindness) meditation. **Day five** puts the focus on mind-body harmony. Begin the day with beachfront hatha yoga and an Ayurvedic breakfast, then rustle up healthy cuisine during an Ayurvedic cookery class. Relax with an Abhyanga massage, join a group discussion of the Ayurvedic lifestyle, and take some time for journaling and reflection before personalized wellness treatments. Gather for a cinnamon-wood bonfire at sunset, followed by a Sattvic dinner and Thovil Healing ceremony. **Useful info:** This retreat can be arranged for one or more guests of the group and the full itinerary can be seen here.

Terms and Conditions: *These June & July event series applies to stays from 1 June – 31 July 2024. To ensure the availability of each expert, we encourage bookings a minimum of two months in advance. Experiences are based on bookings of six rooms or more for a minimum five-night stay with rates from \$16,000 ++ per night. For reservations, please contact: reservations@aniprivate resorts.com and quote June & July events.*