




HILLTOP
WELLNESS RESORT

YOGA & WELLNESS RETREAT

ITINERARY


EXPLORE PHUKET LIKE A LOCAL.



At Hilltop Wellness Resort, we enhance your Yoga and Wellness Retreat with unique experiences that let you explore Phuket like a local.

Discover hidden gems, savor authentic cuisine, and immerse yourself in the island's rich culture.

Our curated activities offer an insider's perspective, ensuring you have an unforgettable and holistic journey. Join us to experience the true essence of Phuket.





HILLTOP
WELLNESS RESORT

MONDAY

RETREAT ITINERARY

Active - Relaxed - Thai Heritage Programs

8:00	Morning Yoga Class
7-11:00	Breakfast at Plearn Restaurant
7-22:00	Lounge, Swim & Enjoy our Infinity Pool
13-16:00	Lunch at Plearn Restaurant
10:30* ACTIVE PROGRAM	Hike to the Black Rock Viewpoint. Eat lunch in a local restaurant. Relax and swim at Yanui Beach. Arrival to the resort at 4PM.
12:00* RELAXED PROGRAM	Thai Cooking Class - Learn how to cook a delicious Thai dishes with the guidance of our chef. Lunch: Eat what you cooked at Plearn Restaurant.
14:00* THAI HERITAGE PROGRAM	Thai Herbal Soap Workshop - learn the fragrant art of soap making, right here at our resort.
16:00	Enjoy wellness smoothie by the pool or at the Plearn lounge.
17:30	Sunset Yoga Class
18:30-22:30	Dinner at our Plearn Restaurant. Rest & Relax.

** Choose one trip, tour or activity that delights your senses. Please note that timing is subject to change on the day.*

TUESDAY

RETREAT ITINERARY

Active - Relaxed - Thai Heritage Programs

5:45	Sunrise Yoga & Meditation Class
8:00	Morning Yoga Class
7-11:00	Breakfast at Plearn Restaurant
13-16:00	Lunch at Plearn Restaurant
10:30* ACTIVE PROGRAM	Aqua Fitness at our Infinity Pool + 1 hour Massage of your choice at our Cave Spa. Savour 3-course wellness lunch at Plearn Restaurant.
10:30* RELAXED PROGRAM	Island Trip of the Day - Boat ride, Exploring the Island, swimming & enjoying the beach. Eat picnic lunch on the beach. Arrival to the resort at 4PM.
14:00* THAI HERITAGE PROGRAM	Thai Dessert Workshop at Plearn Restaurant. Learn how to make traditional "khanom" sweets. Enjoy your delicious creations with a fresh cup of tea right after the workshop.
16:00	Enjoy wellness smoothie by the pool or at the Plearn Lounge.
17:30	Sunset Yoga Class
18:30-22:30	Dinner at our Plearn Restaurant. Rest & Relax.

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HILLTOP
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WEDNESDAY

RETREAT ITINERARY

Active - Relaxed - Thai Heritage Programs

8:00

Morning Yoga Class

7-11:00

Breakfast at Plearn Restaurant

7-22:00

Lounge, Swim & Enjoy our Infinity Pool

13-16:00

Lunch at Plearn Restaurant

10:30*

ACTIVE
PROGRAM

Jungle Trekking in the Khao Phra Thaeo Wildlife Sanctuary & Mangrove Kayaking. Eat lunch in a local restaurant. Arrival to the resort at 4PM.

10:30*

RELAXED
PROGRAM

Self-Care Spa Day: Enjoy pampering day at a local Spa, personalizing your treatment package. Savour 3-course wellness lunch at Plearn Restaurant.

14:00*

THAI HERITAGE
PROGRAM

Thai Traditional Music Workshop - fun and creative, hands on workshop at the external location. Savour 3-course wellness lunch at Plearn Restaurant.

16:00

Enjoy wellness smoothie by the pool or at the Plearn Lounge.

17:30

Sunset Yoga Class

18:30-22:30

Dinner at our Plearn Restaurant. Rest & Relax.

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8:00	Morning Yoga Class
7-11:00	Breakfast at Plearn Restaurant
7-22:00	Lounge, Swim & Enjoy our Infinity Pool
13-16:00	Lunch at Plearn Restaurant
10:30* ACTIVE PROGRAM	Phuket Temple Tour: Visit Wat Chalong, Big Buddha & other nearby temples. Enjoy lunch in a local restaurant. Arrival to the resort at 4PM.
10:30* RELAXED PROGRAM	Phuket Street Food Tour: Learn about Phuket's rich food culture by eating like a local, and exploring Phuket Town at the same time! Arrival to the resort at 4PM.
14:00* THAI HERITAGE PROGRAM	Thai Batik Painting Workshop - this activity takes place in our resort. Explore your creative side. Savour 3-course wellness lunch at Plearn Restaurant.
16:00	Enjoy wellness smoothie by the pool or at the Plearn Lounge.
17:30	Sunset Yoga Class
18:30-22:30	Dinner at our Plearn Restaurant. Rest & Relax.

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5:45	Sunrise Yoga & Meditation Yoga Class
8:00	Morning Yoga Class
7-11:00	Breakfast at Plearn Restaurant
13-16:00	Lunch at Plearn Restaurant
10:30* ACTIVE PROGRAM	SUP Tour: Explore the local waters on a stand up paddle board, relax by the water. Healthy lunchbox picnic on the beach. Arrival to the resort at 4PM.
10:30* RELAXED PROGRAM	Short longtail boat ride to Freedom Beach. Swimming, relaxing on the beach. Enjoy a picnic lunch on the beach! Arrival to the resort at 4PM.
14:00* THAI HERITAGE PROGRAM	Thai Flower Garland workshop & Sacred Ceremony Offering - learn the traditional way of prayer and receiving blessings. Savour 3-course wellness lunch at Plearn Restaurant.
16:00	Enjoy wellness smoothie by the pool or at the Plearn Lounge.
17:30	Sunset Yoga Class
18:30-22:30	Dinner at our Plearn Restaurant. Rest & Relax.

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SATURDAY

RETREAT ITINERARY

Active - Relaxed - Thai Heritage Programs

8:00	Morning Yoga Class
7-11:00	Breakfast at Plearn Restaurant
7-22:00	Lounge, Swim & Enjoy our Infinity Pool
13-16:00	Lunch at Plearn Restaurant
10:30* ACTIVE PROGRAM	Cultural Heritage Tour: Walk around Phuket Town and learn about Phuket's rich history, culture, and architecture. Lunch in a local restaurant. Arrival to the resort at 4PM.
10:30* RELAXED PROGRAM	Sound Healing Bath + 1 hour Massage of your choice at our Cave Spa. Savour 3-course wellness lunch at Plearn Restaurant.
14:00* THAI HERITAGE PROGRAM	Private Muay Thai Training (Thai Boxing) + 1 hour Traditional Thai Massage at our Cave Spa. Savour 3-course wellness lunch at Plearn Restaurant.
16:00	Enjoy wellness smoothie by the pool or at the Plearn Lounge.
17:30	Sunset Yoga Class
18:30-22:30	Dinner at our Plearn Restaurant. Rest & Relax.

** Choose one trip, tour or activity that delights your senses. Please note that timing is subject to change on the day.*

SUNDAY

RETREAT ITINERARY

Active - Relaxed - Thai Heritage Programs

8:00	Morning Yoga Class (Slow Flow)
7-11:00	Breakfast at Plearn Restaurant
7-22:00	Lounge, Swim & Enjoy our Infinity Pool
12:00	Pre-Lunch Yin & Breathwork Class
13-16:00	Lunch at Plearn Restaurant
13-16:00	Free time/Wellness Smoothie at the pool or at the Plearn Lounge.
16:00* ACTIVE PROGRAM	Sunset Trip to Promthep Cape with the sea views. Enjoy dinner in a local restaurant.
16:00* RELAXED PROGRAM	Evening Market Tour + Live Music + Local Snacks & Dinner.
16:00* THAI HERITAGE PROGRAM	Thai Signature Cocktail Making Workshop at Plearn Bar. Savour 3-course wellness dinner at our Plearn Restaurant.
20:30	Arrival to the resort. Rest & Relax time.

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