YOGA CLASSES AT KATI YOGA STUDIO

Balance Body and Mind in Inspiring Settings

ZAZEN
BOUTIQUE RESORT & SPA

HIGHLIGHTS

- Group or private yoga sessions guided by experienced instructors
- Practice in a beachfront open-air studio or an air-conditioned pavilion
- Tailored sessions for beginners and experienced yogis
- Improve strength, balance, and mindfulness

DESCRIPTION

Enhance your well-being with our yoga sessions, designed to improve posture, flexibility, strength, and inner harmony. Whether you prefer the Kati Yoga Studio, an inspiring beachfront open-air space with the sound of the waves, or the Zazen Yoga Pavilion, a serene air-conditioned studio next to the gym, both settings provide the perfect atmosphere for practice. Classes are suitable for all levels, with group or private options available.

PRACTICAL DETAILS

GROUP DROP-IN CLASSES

- 60 minutes – 1,000 THB per person
- Every Tuesday & Thursday
- 7:30 a.m. – 8:30 a.m.

Professional instruction, posture alignment support, breathwork, and mindfulness techniques included.

PRIVATE SESSIONS (By Appointment)

- 60 min Private (1 person): 2,500 THB
- 60 min Private (2 persons / couple): 4,000 THB
- Each additional guest: +1,000 THB per person

Fully personalized guidance adapted to your level and wellness goals, with optional focus on flexibility, strength, stress release, posture, or relaxation.

LOCATIONS

- Kati Yoga Studio – Beachfront, open-air
- Zazen Yoga Pavilion – Air-conditioned, next to the gym

Advance reservation recommended at reception.

MOUNTAIN BIKES

Explore Koh Samui at Your Own Pace

Discover the island's hidden beauty with our complimentary mountain bikes, available daily from 8:00 a.m. to 5:00 p.m. Ride through lush coconut groves, quiet lanes, and scenic routes such as Maenam Soi 1, just outside the ring road.

- Complimentary for all guests
- Helmets provided for your safety
- Maps and suggested routes available at the reception

Please note: road conditions can vary, and some routes may contain sand, coconuts, or uneven surfaces.

PADDLEBOARDS

Glide Across the Gentle Waters of Bophut Bay

Enhance your balance and enjoy the calm waters with our complimentary paddleboards, available directly on Zazen Beach. Paddle out and embrace the beauty of the bay while soaking in the sun.

- Complimentary for all guests
- Available at Zazen Beach during the day
- Assistance from our beach team on request

Please be mindful of sharp coral formations near the left-hand side of the beach—stay to the right side for safe paddling.

KAYAKS

Adventure on the Blue Waters of Bophut Bay

Take to the sea with our complimentary kayaks and explore Bophut Bay from a new perspective. Glide across turquoise waters and admire the coastline of Koh Samui.

- Complimentary for all guests
- Available during the day at Zazen Beach
- Assistance from our beach team on request

Please remain on the right side of the bay to avoid coral reefs on the left-hand side of the resort.

FITNESS CENTER

Stay Active During Your Stay

Maintain your fitness routine in our fully equipped TechnoGym fitness center, open daily from 6:00 a.m. to 10:00 p.m. Towels and drinking water are provided for your comfort.

- Complimentary for all guests
- Wide range of modern cardio and weight equipment
- Walking and jogging routes available around Maenam Soi 1 (maps provided at reception)