

## Morning with the Monks – Giving Alms

One of the most interesting cultural activities that one can experience on any Thai island is at a local temple at sunrise during the morning ritual of the locals and the temple's resident monks: the giving of alms.

The monk is one of the most important people in Thai culture and treated with the utmost respect at all times. Join us at sunrise, and cycle to our local temple to see monks making their morning rounds for food collection. We will ourselves go prepared with our own food, flowers and water offerings. Some food they will eat straight away for breakfast, while some will be saved for their last meal of the day at 11 am. The food that is left over is not wasted – some may be given to the nuns or children who help out around the temple.

**Location**

Fitness Studio

**Instructor**

Activity Instructor

**Availability**

Monday

**Booking**

24 hours advance notice

\* before 5 pm

**Cost**

300 Baht / Person

**Including**

Food, water and flower

