



Super Stretching

Stretching is a very important part of any fitness program, with core benefits for people of all ages, such as reduced muscle tension, increased range of movement, enhanced blood circulation, increased energy levels, improved posture, and reduced anxiety and stress.

Outrigger Laguna Phuket offers you the chance to experience Super Stretching, a program adapted and designed from Thai massage techniques by professional physiotherapy and fitness instructors. Learn stretches and postures that you can easily take home with you.

Location	In-villa
Instructor	Activity Instructor
Level	Beginner - Advanced
Availability	Every day
Booking	24 hours advance notice (Subject to availability)
Duration	60 minutes
Private Session	1,000 Baht/Person
Class lesson	200 Baht/Person