

Gentle Giant Yoga at the 2018 King's Cup Elephant Polo Tournament



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Salute the sunrise on the mighty banks of the Chao Phraya. Strike your best animal pose, from downward dog to the arm-balancing elephant trunk pose. As part of this year's line-up of family-friendly activities at the King's Cup Elephant Polo, Balance Wellness by Anantara is proud to launch its inaugural morning yoga session in conjunction with Absolute You.

Balance Wellness and Absolute You are both pioneers of healthy living. While Absolute You began with Thailand's first hot yoga studio in 2002 and expanded to 16 studios in Southeast Asia with 100,000 members, Balance Wellness offers an integrated approach to life with healthy cuisine, innovative fitness, results-driven spa treatments and healing alternative therapies in stunning locations around the globe.

The 7.00 am class on Sunday 11 March 2018 takes place in one-of-a-kind surrounds - the polo pitch itself, blessed by river breezes. Finish with a feeding session for the elephants and refreshments from the pop-up foodie market.

Your ticket also allows you to partake in the rest of the day's activities, from the exciting last day tournament matches themselves to the royal awards ceremony and closing finale.

Now in its 16th year, the tournament has become one of the biggest charitable events in Southeast Asia with over THB 50 million raised to better the lives of Thailand's wild and domesticated elephant population. Gross proceeds from your ticket go towards the Golden Triangle Asian Elephant Foundation.

Join us for a good cause and importantly some healthy fun. Secure your spot and grab tickets from Absolute You studios across Bangkok and through other select partners. For more information visit anantaraelephantpolo.com, call +66 (0) 2365 7675 or email info.spa@anantara.com.

Event details

Location: King's Cup Elephant Polo Tournament pitch. Parking is available at the nearby Anantara Riverside Bangkok Resort with a complimentary tuk tuk shuttle to the site.

Registration: 6.40 am, Sunday 11 March 2018 at the Balance Wellness and Absolute You tents. Your THB 300 ticket also entitles you to join in the rest of the day's activities, including the elephant feeding session. Kids under the age of 12 participate for free.

For more information, please visit <https://goo.gl/bjND4g>.