



# DAILY CULTURAL ACTIVITIES

## AT RAYA HERITAGE

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**Monday-Friday**      **15.00-16.00 hrs.**  
**Weekend yoga class**    **07.00-08.00 hrs.**

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### **MONDAY: FOLDING PANDAN LEAVES INTO FLOWERS**

Thai people use pandan leaves (bai toey) for many different purposes. Small squares of the leaves are often cooked with rice or added to desserts to give them a distinct aroma and attractive green hue. Pandan is also very useful for making handicrafts.

The young leaves are sliced into thin strips which can then be woven into baskets, mats and other everyday household items. Join us as we show you the secrets of folding the leaves into charming and attractive flowers. These flowers are used for decorating the home or for offerings in the temples to the Buddha image.

### **TUESDAY: TA-LAEW MAKING**

“Ta-Laew” in Northern Thai Language means “eagle eyes”. Local villagers use it as a totem of protection. Ta-Laew is used as a sacred symbol to mark the boundary area of a protection zone to ward away evil and bad luck. The villagers will bring Ta-Laew in ceremonies and hang it in front of their houses or place it in their farms. Made from bamboo line, you may find Ta-Laew in your room as a do-not-disturb sign.

### **WEDNESDAY: BAMBOO WEAVING**

Most baskets, fishing traps or other handicrafts are made from bamboo and are part of the traditional way of life since ancient Lanna period. Kong, a creel for carrying fish, and Piat, a bamboo woven hamper, are still commonly used for home storage. Let us teach you how to make an animal-shaped weaving for your family and friends.

### **THURSDAY: FREE HAND POTTERY CLAY**

Enjoy the mental wellness activity by making a hand building pottery clay with us. Easily learn how to do a bowl, a plate or a coffee tea cup on your own style within an hour.

A process to glaze for ceramic with home delivery are available with extra charge. Please contact our Him Gong Shop for the service.

### **FRIDAY: NATURAL TEXTILE WEAVING**

Learn how to use simple wooden frame loom for basic little piece of tapestry weaving. A guide to learn more local natural dyeing fibers for textile that use for making cushion covers or any other Home Decor and Kitchenware products.

### **WEEKEND: GENTLE FLOW YOGA**

Gentle Flow Yoga helps to increase consciousness and gain the power of concentration. You will learn how to breathe in and out by using the rhythm of Yoga Asana. It helps us to increase blood circulation and release accumulated stress along the muscles joints, bones and organs.