

HOLISTIC ACTIVITY SCHEDULE 9-15 MAY 2022

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	SATURDAY 14	SUNDAY 15
PRANAYAMA Where: Yoga Pavilion Beginners Welcome Host: Krishnaraj 07.45-08.30	QI GONG Where: Yantra Lawn Beginners Welcome Host: San Bao 07.45-08.45	STRETCHING & MOVEMENT Where: Yoga Pavilion Beginners Welcome Host: Poom 07.45-08.30	TAI-CHI Where: Yoga Pavilion Beginners Welcome Host : Jinny 07.45-08.30	QI GONG Where: Yantra Lawn Beginners Welcome Host: San Bao 07.45-08.45	CHAKRA MEDITATION Where: Yoga Pavilion Beginners Welcome Host: Krishnaraj 07.45-08.30	QI GONG Where: Yantra Lawn Beginners Welcome Host: San Bao 07.45-08.45
VINYASA FLOW YOGA Where: Yoga Pavilion Intermediate Level Host: Jyoti 08.45-09.45	HATHA YOGA Where: Yoga Pavilion Beginners Welcome Host: Jyoti 08.45-09.45	ASHTANGA YOGA Where: Yoga Pavilion Intermediate Level Host: Jyoti 08.45-09.45	HATHA YOGA Where: Yoga Pavilion Beginners Welcome Host: Valerie 08.45-09.45	VINYASA FLOW YOGA Where: Yoga Pavilion Intermediate Level Host: Valerie 08.45-09.45	MUAY THAI MOVEMENT Where: Yoga Pavilion Beginners Welcome Host: Chris 08.45-09.45	GENTLE YOGA Where: Yoga Pavilion Beginners Welcome Host: Alisa 08.45-09.45
REFORMER PILATES PLUS Where: Padma Fitness THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30	REFORMER PILATES PLUS Where: Padma Fitness THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Poom 10.30-11.30	REFORMER PILATES PLUS Where: Padma Fitness THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Poom 10.30-11.30	JOIN KAMALAYA TO ADMIRE SPIRIT HOUSES Where: Meet at Reception Host: Kamalaya Team 09.45-10.30	REFORMER PILATES PLUS Where: Padma Fitness THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30	REFORMER PILATES PLUS Where: Padma Fitness THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30	REFORMER PILATES PLUS Where: Padma Fitness THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30
BUILDING A RESILIENT MIND WORKSHOP Where: Gallery Complimentary for all guests Host: Krishnaraj 12.00-13.00	INTRODUCTION TO ROLFING & ROLF MOVEMENT Where: Gallery Complimentary for all guests Host: Uli Forg 12.00-13.00	COOKING CLASS HEALTHY DETOX CUISINE Where: Soma Restaurant THB 2,250++/ person* Maximum 4 pax Please book at Reception 24 hrs in advance Host: Chef 14.00-16.00	REFORMER PILATES PLUS Where: Padma Fitness THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30	TEA SHARING MEET NEW FRIENDS Where: Alchemy Lounge Complimentary for all guests Drop in anytime! Host: San Bao 15.00-17.00	INTRODUCTION TO ASTROLOGY & PALMISTRY Where: Gallery Complimentary for all guests Host: Omesh Langman 12.00-13.00	EATING BY THE SEASON - CHINESE HEALTH GUIDELINES Where: Gallery Complimentary for all guests Host: Bernie 12.00-13.00
COOKING CLASS HEALTHY THAI CUISINE Where: Soma Restaurant THB 2,250++/ person* Maximum 4 pax Please book at Reception 24 hrs in advance Host: Chef 14.00-16.00	TEA SHARING MEET NEW FRIENDS Where: Alchemy Lounge Complimentary for all guests Drop in anytime! Host: San Bao 15.00-17.00	Sound Healing Meditation Where: Gallery Complimentary for all guests Host: Svetlana 11.00-12.00	SOUND HEALING MEDITATION Where: Gallery Complimentary for all guests Host: Svetlana 11.00-12.00	GYROKINESIS Where: Yoga Pavilion Beginners Welcome (Maximum 12 Pax) Please book at Wellness Reception in advance Host: Mic 16.30-17:15	Complimentary for all guests Host: Omesh Langman 12.00-13.00	TEA SHARING MEET NEW FRIENDS Where: Alchemy Lounge Complimentary for all guests Drop in anytime! Host: San Bao 15.00-17.00
AQUA AEROBICS Where: Lap Pool Beginners Welcome Host: Em 16.30-17:15	SALSA DANCE Where: Gallery Beginners Welcome Host: Valerie 16:30-17:30	PRANAYAMA Where: Gallery Beginners Welcome Host: Jyoti 16:30-17:15	FUNCTIONAL CIRCUIT TRAINING Where: Padma II All Welcome (Please wear sport shoes) Please book at Wellness Reception in advance Host: Adam 16:30-17:15	MOVIE NIGHT Where: Gallery <i>COW SPIRACY</i> Host: Kamalaya Team 20.00	AQUA AEROBICS Where: Lap Pool Beginners Welcome Host: Due 16:30-17:15	PILATES MAT Where: Yoga Pavilion Beginners Welcome Host: Poom 16:30-17:15

- Please arrive on time for classes. Instructors will cancel a class without participants after 15 minutes
 * Price is subject to 10% service charge and 7% VAT
 ** Please advise cancellation 24 hours in advance
 *** In case of rain class will be cancelled * Yantra Lawn Class will move to Yoga Pavilion



Coaching/Workshops ● Body Work/Physical Exercises
 Meditations/Energy Work ● Cultural Activity
 Yoga ● Entertainment