

HOLISTIC ACTIVITY SCHEDULE 3 - 9 OCTOBER 2022

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8	SUNDAY 9
MORNING MEDITATION Where: Villa 39 Beginners Welcome Host: Srinivas 07.45-08.30	PRANAYAMA Where: Villa 39 Beginners Welcome Host: Jyoti 07.45-08.30	MORNING MEDITATION Where: Villa 39 Beginners Welcome Host: Srinivas 07.45-08.30	TAI-CHI Where: Yoga Pavilion Beginners Welcome Host : Em 07.45-08.30	MORNING POWER WALK Where: Beach Beginners Welcome Host: Em 07.45-08.45	CHAKRA MEDITATION Where: Yoga Pavilion Beginners Welcome Host: Krishnaraj 07.45-08.30	PRANAYAMA Where: Yoga Pavilion Beginners Welcome Host: Jyoti 07.45-08.30
ASHTANGA YOGA Where: Villa 39 Intermediate Level Host: Jyoti 08.45-09.45	HATHA YOGA Where: Villa 39 Beginners Welcome Host: Fon 08.45-09.45	THERAPEUTIC YOGA Where: Villa 39 Beginners Welcome Host: Jyoti 08.45-09.45	VINYASA YOGA DYNAMIC FLOW Where: Yoga Pavilion Intermediate Level Host: Valerie 08.45-09.45	HATHA YOGA Where: Yoga Pavilion Beginners Welcome Host: Fon 08.45-09.45	MUAY THAI MOVEMENT Where: Yoga Pavilion Beginners Welcome Host: Chris 08.45-09.45	VINYASA FLOW YOGA Where: Yoga Pavilion Intermediate Level 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: Em 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: Em 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
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 12.00-14.00	INTRODUCTION TO JAPANESE ACUPUNCTURE & QI GONG Where: Gallery Complimentary for all guests Host: Dr. Harada 12.00-13.00	EMBRACING ONESELF WORKSHOP Where: Gallery Complimentary for all guests Host: Srinivas 12.00-13.00	REFORMER PILATES PLUS Where: Padma Fitness THB 950+ / person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Pae 10.30-11.30	SOUND HEALING MEDITATION Where: Gallery Complimentary for all guests Host: Svetlana 11.00-12.00	INTRODUCTION TO STRUCTURAL INTEGRATION THERAPY Where: Gallery Complimentary for all guests	SOUND HEALING MEDITATION Where: Gallery Complimentary for all guests Host: Svetlana 11.00-12.00
	THAI TEMPLES TOUR** Where: Meet at Reception THB 1,000+ / person* Please book at Reception 24 hrs in advance Host: May 14.00-17.00	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	SAMUI ISLAND TOUR** Where: Meet at Reception THB 800+ / person* (Maximum 8 pax) (Minimum 4 pax) Please book at Reception 24 hrs in advance Host: May 10.00-14.30	INTRODUCTION TO ASTROLOGY & PALMISTRY Where: Gallery Complimentary for all guests Host: Omesh Langman 12.00-13.00		BUILDING A RESILIENT MIND WORKSHOP Where: Gallery Complimentary for all guests Host: Krishnaraj 12.00-13.00
AQUA AEROBICS Where: Lap Pool Beginners Welcome Host: Nut 16:30-17:15	HIIT AND CORE Where: Gallery Intermediate Level (Maximum 10 Pax) Please book at Wellness Reception in advance Host: Poom 16:30-17:15	ABS BUTT THIGHS Where: Villa 39 Intermediate Level (Please wear sport shoes) Host: Em 16:30-17:15	AQUA AEROBICS Where: Lap Pool Beginners Welcome Host: Nut 16:30-17:15	SPINAL MOBILITY Where: Yoga Pavilion (Max 12 Pax) Beginners Welcome Please book at Reception 24 hrs in advance Host: Kwang 16:30-17:15	FUNCTIONAL CIRCUIT TRAINING Where: Padma II Intermediate Level (Please wear sport shoes) (Maximum 10 Pax) Please book at Wellness Reception in advance Host: Adam 16:30-17:15	CIRCUIT TRAINING Where: Padma II Intermediate Level Host: Due 16:30-17:15
			EVENING MEDITATION Where: Gallery Beginners Welcome Host: Srinivas 17.45-18.15	MOVIE NIGHT Where: Gallery MEAT THE TRUTH (Documentary) 20.00		

- 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 * Yoga Pavilion Lawn Class will move to Yoga Pavilion

- Shakti fitness opening hours: 7.00 am - 8.00 pm.



Coaching/Workshops
Meditations/Energy Work
Yoga

Body Work/Physical Exercises
Cultural Activity
Entertainment