

HOLISTIC ACTIVITY SCHEDULE 2 - 8 OCTOBER 2023

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
PRANAYAMA 07.45 - 08.30 Gallery All Levels Hosted by Krishnaraj	QI GONG 07.30 - 08.30 Gallery All Levels Hosted by San Bao	QI GONG YI JIN JING 07.45 - 08.30 Gallery All Levels Hosted by Beam	QI GONG 07.30 - 08.30 Gallery All Levels Hosted by San Bao	CHAKRA MEDITATION 07.45 - 08.30 Gallery All Levels Hosted by Krishnaraj	QI GONG 07.30 - 08.30 Gallery All Levels Hosted by San Bao	MORNING MEDITATION 07.45 - 08.30 Gallery All Levels Hosted by Srinivas
YIN YOGA 08.45 - 09.45 Gallery All Levels Hosted by Snehal	ASHTANGA YOGA 08.45 - 09.45 Gallery Intermediate Level Hosted by Jyoti	HATHA YOGA 08.45 - 09.45 Gallery All Levels Hosted by Valerie	VIN YASA FLOW YOGA 08.45 - 09.45 Gallery Intermediate Level Hosted by Snehal	THERAPEUTIC YOGA 08.45 - 09.45 Gallery All Levels Hosted by Snehal	MUAY THAI MOVEMENT 08.45 - 09.45 Gallery All Levels Hosted by Chris	POWER YOGA 08.45 - 09.45 Gallery Intermediate Level Hosted by Snehal
REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em	SAMUI ISLAND CULTURAL TOUR 09.00 - 13.30 Meet at Reception 800++ THB/person, Max. 8 pax Please reserve at Reception 24 hrs in advance Hosted by Pla	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny
INTRODUCTION TO AN ANCIENT REIKI HEALING 12.00 - 12.30 Gallery Hosted by Ronan	CREATING POSITIVE HABITS 12.00 - 13.00 Gallery Hosted by Sujay	WHAT IS YOGA? WORKSHOP "How it creates longevity and Bliss" 12.00 - 13.00 Gallery Hosted by Jyoti	SPIRIT HOUSE PILGRIMAGE 09.45 - 10.30 Meet at Reception Hosted by Kamalaya team	FIRST AID HOMEOPATHY 12.00 - 12.30 Gallery Hosted by Leila	BUILDING A RESILIENT MIND WORKSHOP 12.00 - 13.00 Gallery Hosted by Krishnaraj	FINDING CENTRE WITH MARIA 12.00 - 13.00 Gallery Hosted by Maria
COOKING CLASS HEALTHY THAI CUISINE 12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef	TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao	COOKING CLASS HEALTHY DETOX CUISINE 12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em			THAI TEMPLE TOUR 14.00 - 17.00 Meet at Reception 1,000++ THB/person, Max. 8 pax Please reserve at Reception 24 hrs in advance Hosted by Cathy
SALSA DANCE 15.45 - 16.30 Gallery All Levels Hosted by Valerie		AQUA BIKE SPINNING CLASS 15.45 - 16.30 Shakti Fitness Lap Pool - All Levels 995++ THB/person, Max. 3 pax Please reserve at Wellness Reception Hosted by Nut	TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao			TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao
YOGA NIDRA (Yogic Sleep) 17.00 - 17.45 Gallery Hosted by Jyoti	HIIT AND CORE 15.45 - 16.30 Yantra Hall Intermediate Level Hosted by Nut	SPINAL MOBILITY 15.45 - 16.30 Gallery All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Mic	PILATES ON MAT 15.45 - 16.30 Yantra Hall All Levels Hosted by Jinny	FUNCTIONAL FITNESS CLASS 15.45 - 16.30 Padma 2 Intermediate Level (Max 10 PAX) Please reserve at Wellness Reception Hosted by Adam	STRETCHING AND MOVEMENT 15.45 - 16.30 Gallery All Levels Hosted by Chai	AQUA AEROBICS 15.45 - 16.30 Lap Pool All Levels Hosted by Nut
MOVIE NIGHT 20.00 Gallery NAT GEO STRESS (Documentary)	EVENING MEDITATION 17.00 - 17.30 Gallery All Levels Hosted by Krishnaraj	CYCLIC MEDITATION 17.00 - 17.45 Gallery All Levels Hosted by Jyoti	PRANAYAMA 17.00 - 17.30 Gallery All Levels Hosted by Sujay		EVENING MEDITATION 17.00 - 17.30 Gallery All Levels Hosted by Srinivas	YIN YOGA 17.00 - 17.45 Gallery All Levels Hosted by Jyoti

● COACHING/WORKSHOPS
 ● YOGA
 ● BODY WORK/PHYSICAL EXERCISES
 ● MEDITATIONS/ENERGY WORK
 ● CULTURAL ACTIVITY
 ● ENTERTAINMENT

Shakti Fitness Centre open daily from 07.00 to 20.00. | Please arrive on time for classes. Instructors will cancel a class if there are no participants after 15 minutes. | Please advise cancellation 24 hours in advance.

Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.