

HOLISTIC ACTIVITY SCHEDULE 11 - 17 March 2024

MONDAY 11		TUESDAY 12		WEDNESDAY 13		THURSDAY 14		FRIDAY 15		SATURDAY 16		SUNDAY 17	
PRANAYAMA		QI GONG		TAI-CHI		QI GONG		QI GONG YI JIN JING		QI GONG		MORNING MEDITATION	
07.45 - 08.30 Gallery All Levels		07.30 - 08.30 Yoga Pavilion All Levels		07.45 - 08.30 Yoga Pavilion All Levels		07.30 - 08.30 Yoga Pavilion All Levels		07.45 - 08.30 Yoga Pavilion All Levels		07.30 - 08.30 Yoga Pavilion All Levels		07.45 - 08.30 Gallery All Levels	
Hosted by Srinivas		Hosted by San Bao		Hosted by Pae		Hosted by San Bao		Hosted by Beam		Hosted by San Bao		Hosted by Srinivas	
HATHA YOGA	POWER YOGA	THERAPEUTIC YOGA	ASHTANGA YOGA	YIN YOGA	VINYASA FLOW YOGA	THERAPEUTIC YOGA	POWER YOGA	HATHA YOGA	VINYASA FLOW YOGA	MUAY THAI MOVEMENT	YIN YOGA	HATHA YOGA	POWER YOGA
08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yantra Hall All Levels	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level
Hosted by Jyoti		Hosted by Jyoti		Hosted by Fon		Hosted by Snehal		Hosted by Fon		Hosted by Chris		Hosted by Valerie	
REFORMER PILATES PLUS		REFORMER PILATES PLUS		REFORMER PILATES PLUS		SPIRIT HOUSE PILGRIMAGE		SAMUI ISLAND CULTURAL TOUR		REFORMER PILATES PLUS		REFORMER PILATES PLUS	
10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		09.45 - 10.30 Meet at Reception Hosted by Kamalaya team		09.00-13.00 Meet at Reception 1,200++ THB/person, Minimum 4 pax Please reserve at Reception 24 hrs in advance Hosted by Pla		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	
INTRODUCTORY TALK THE ULTIMATE WELLBEING TRANSFORMATION		HOW TO FIX YOUR POSTURE		AWAKEN TO LIFE		REFORMER PILATES PLUS		REFORMER PILATES PLUS		INTRODUCTION TO ANCIENT REIKI HEALING		HOW TO DO A DETOX AT HOME	
12.00 - 13.00 Gallery		12.00-12.30 Gallery		12.00 - 13.00 Gallery		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		12.00-13.00 Gallery		12.00-13.00 Gallery	
Hosted by AKCELINA		Hosted by Eli		Hosted by Praveena		Hosted by Jinny		Hosted by Pae		Hosted by Ronan		Hosted by Tara	
COOKING CLASS HEALTHY THAI CUISINE		TEA SHARING MEET NEW FRIENDS		COOKING CLASS HEALTHY DETOX CUISINE		TEA SHARING MEET NEW FRIENDS		INTRODUCTION TO HEAD TO TOE REFLEXOLOGY		KAMALAYA SUNSET CRUISE		THAI TEMPLE TOUR	
12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao		12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao		12.00 - 13.00 Gallery Hosted by Julie		13.00 - 19.00 Meet at Reception 3,750++ THB/person Please reserve at Reception 24 hrs in advance Hosted by Kamalaya Team		14.00 - 17.00 Meet at Reception 1,000++ THB/person, Minimum 4 pax Please reserve at Reception 24 hrs in advance Hosted by Pinto	
ABS BUTT THIGHS		STRETCHING AND MOVEMENT		SPINAL MOBILITY		AQUA AEROBICS		SALSA DANCE		AQUA AEROBICS		TEA SHARING MEET NEW FRIENDS	
15.45-16.30 Yantra Hall All Levels		15.45-16.30 Yantra Hall All Levels		15.45-16.30 Yoga Pavilion All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kanan		15.45-16.30 Lap Pool All Levels		15.45-16.45 Gallery All Levels		15.45-16.30 Lap Pool All Levels		15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao	
Hosted by Em		Hosted by Fon		Hosted by Pae		Hosted by Valerie		Hosted by Due		Hosted by Poom		Hosted by Jyoti	
QI GONG		AQUA BIKE SPINNING CLASS		HIIT AND CORE		PRANAYAMA		FUNCTIONAL CIRCUIT TRAINING		HIIT AND CORE		STRETCHING AND MOVEMENT	
17.00-17.45 Yantra Hall All Levels		15.45-16.30 Lap Pool - All Levels 995++ THB/person, Max. 5 pax Please reserve at Reception Hosted by Nut		15.45-16.30 Yantra Hall Intermediate Level		17.00-17.30 Yantra Hall		15.45-16.30 Padma 2 Intermediate Level, Max 12 pax Please reserve at Wellness Reception Hosted by Adam		15.45-16.30 Yantra Hall Intermediate Level		15.45-16.30 Yantra Hall All Levels	
Hosted by Master Song		Hosted by Pei		Hosted by Srinivas		Hosted by Poom		Hosted by Pae		Hosted by Poom		Hosted by Poom	
MOVIE NIGHT		EVENING MEDITATION		HERBAL WALK		THAI MARKET NIGHT AT KAMALAYA		SOUND HEALING MEDITATION		YOGA NIDRA (Yogic Sleep)		CYCLIC MEDITATION	
20.00 Gallery RUN LOLA RUN (Thriller/Action)		17.00-17.30 Yantra Hall		16.00 - 17.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception		18.30 - 20.30 Kamala Boutique "In-house night market"		17.00 - 18.00 Yantra Hall		17.00-17.30 Yantra Hall All Levels, Max 15 pax Please reserve at Wellness Reception		17.00-17.45 Yantra Hall	
		Hosted by Praveena		Hosted by Amy				Hosted by Svetlana		Hosted by Snehal		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.