

# HOLISTIC ACTIVITY SCHEDULE 25 - 31 March 2024

MONDAY 25		TUESDAY 26		WEDNESDAY 27		THURSDAY 28		FRIDAY 29		SATURDAY 30		SUNDAY 31	
TAI-CHI		QI GONG		QI GONG YI JIN JING		QI GONG		QI GONG YI JIN JING		QI GONG		PRANAYAMA	
07.45 - 08.30 Yoga Pavilion All Levels  Hosted by Jinny		07.30 - 08.30 Yoga Pavilion All Levels  Hosted by San Bao		07.45 - 08.30 Yoga Pavilion All Levels  Hosted by Beam		07.30 - 08.30 Yoga Pavilion All Levels  Hosted by San Bao		07.45 - 08.30 Yoga Pavilion All Levels  Hosted by Beam		07.30 - 08.30 Yoga Pavilion All Levels  Hosted by San Bao		07.45 - 08.30 Gallery All Levels  Hosted by Srinivas	
YIN YOGA	POWER YOGA	THERAPEUTIC YOGA	ASHTANGA YOGA	HATHA YOGA	VINYASA FLOW YOGA	YIN YOGA	POWER YOGA	THERAPEUTIC YOGA	ASHTANGA YOGA	MUAY THAI MOVEMENT	HATHA YOGA	YIN YOGA	VINYASA FLOW YOGA
08.45 - 09.45 Yoga Pavilion All Levels  Hosted by Jyoti	08.45 - 09.45 Yantra Hall Intermediate Level  Hosted by Snehal	08.45 - 09.45 Yoga Pavilion All Levels  Hosted by Jyoti	08.45 - 09.45 Yantra Hall Intermediate Level  Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels  Hosted by Ana	08.45 - 09.45 Yantra Hall Intermediate Level  Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels  Hosted by Fon	08.45 - 09.45 Yantra Hall Intermediate Level  Hosted by Snehal	08.45 - 09.45 Yoga Pavilion All Levels  Hosted by Snehal	08.45 - 09.45 Yantra Hall Intermediate Level  Hosted by Fon	08.45 - 09.45 Yantra Hall All Levels  Hosted by Chris	08.45 - 09.45 Yoga Pavilion All Levels  Hosted by Jyoti	08.45 - 09.45 Yoga Pavilion All Levels  Hosted by Snehal	08.45 - 09.45 Yantra Hall Intermediate Level  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 Jinny		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em		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 Fon		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	
INTRODUCTION TO ANCIENT REIKI HEALING		PRANAYAMA WORKSHOP "Know your breath, know your life"		INTRODUCTION TO HEAD TO TOE REFLEXOLOGY		REFORMER PILATES PLUS		REFORMER PILATES PLUS		KNOW MORE ABOUT FEET An introduction to foot'sosophy		EATING BY THE SEASON - CHINESE HEALTH GUIDELINES	
12.00 - 13.00 Gallery  Hosted by Ronan		12.00 - 13.00 Gallery  Hosted by Jyoti		12.00 - 13.00 Gallery  Hosted by Julie		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		12.00 - 13.00 Gallery  Hosted by Mathieu		12.00 - 13.00 Gallery  Hosted by Bernie	
COOKING CLASS HEALTHY THAI CUISINE		TEA SHARING MEET NEW FRIENDS		COOKING CLASS HEALTHY DETOX CUISINE		TEA SHARING MEET NEW FRIENDS		HOW TO DO A DETOX AT HOME		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 Tara		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	
PILATES ON MAT		STRETCHING AND MOVEMENT		SPINAL MOBILITY		STRETCHING AND MOVEMENT		SALSA DANCE		AQUA AEROBICS		TEA SHARING MEET NEW FRIENDS	
15.45 - 16.30 Yantra Hall All Levels  Hosted by Poom		15.45 - 16.30 Yantra Hall All Levels  Hosted by Nut		15.45 - 16.30 Yoga Pavilion All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kwang		15.45 - 16.30 Yantra Hall All Levels  Hosted by Chai		15.45 - 16.45 Gallery All Levels  Hosted by Valerie		15.45 - 16.30 Lap Pool All Levels  Hosted by Pae		15.00 - 17.00 Alchemy Lounge Drop in anytime!  Hosted by San Bao	
QI GONG		FUNCTIONAL CIRCUIT TRAINING		HIIT AND CORE		EVENING MEDITATION		FUNCTIONAL FITNESS CLASS		HIIT AND CORE		AQUA BIKE SPINNING CLASS	
17.00 - 17.45 Yantra Hall All Levels  Hosted by Master Song		15.45 - 16.30 Padma 2 Intermediate Level, Max 12 pax Please reserve at Wellness Reception Hosted by Pei		15.45 - 16.30 Yantra Hall Intermediate Level  Hosted by Nut		17.00 - 17.30 Yantra Hall  Hosted by Srinivas		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  Hosted by Chai		15.45 - 16.30 Lap Pool - All Levels 995++ THB/person, Max. 5 pax Please reserve at Reception Hosted by Nut	
MOVIE NIGHT		EVENING MEDITATION		CYCLIC MEDITATION		THAI MARKET NIGHT AT KAMALAYA		SOUND HEALING MEDITATION		HERBAL WALK		CYCLIC MEDITATION	
20.00 Gallery SCNDBEST EXOTIC MARIGOLD HOTEL (Drama/Comedy)		17.00 - 17.30 Yantra Hall  Hosted by Praveena		17.00 - 17.45 Yantra Hall  Hosted by Jyoti		18.30 - 20.30 Kamala Boutique "In-house night market"		17.00 - 18.00 Yantra Hall  Hosted by Svetlana		17.00 - 18.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception  Hosted by Amy		17.00 - 17.45 Yantra Hall  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.