

HOLISTIC ACTIVITY SCHEDULE 22 - 28 April 2024

MONDAY 22	TUESDAY 23		WEDNESDAY 24		THURSDAY 25	FRIDAY 26		SATURDAY 27		SUNDAY 28	
TAI-CHI	QI GONG		MORNING MEDITATION		QI GONG	TAI-CHI		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 Praveena		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao	07.45 - 08.30 Yoga Pavilion All Levels Hosted by Pae		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao		07.45 - 08.30 Yoga Pavilion All Levels Hosted by Kavitha	
POWER YOGA	STRETCHING AND MOVEMENT	YIN YOGA	HATHA YOGA	VINYASA FLOW YOGA	YIN YOGA	HATHA YOGA	ASHTANGA YOGA	MUAY THAI MOVEMENT	VINYASA FLOW YOGA	THERAPEUTIC YOGA	
08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Snehal	08.45 - 09.45 Yantra Hall All Levels Hosted by Due	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yantra Hall Intermediate Level Hosted by Valerie	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Valerie	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 Intermediate Level Hosted by Valerie	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	
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 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	10.30 - 11.30 Padma Fitness 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em		10.30 - 11.30 Padma Fitness 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom		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 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Fon		10.30 - 11.30 Padma Fitness 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	
INTRODUCTION TO ANCIENT REIKI HEALING	PRANIC HEALING AND COLOUR ENLIGHTENMENT		BUILD AN OPTIMAL SLEEP ROUTINE		REFORMER PILATES PLUS	REFORMER PILATES PLUS		EMBRACING ONESELF WORKSHOP		KNOW MORE ABOUT FEET <i>An introduction to feet'sosophy</i>	
12.00 - 13.00 Gallery Hosted by Ronan	12.00 - 13.00 Gallery Hosted by Kirten		12.00 - 13.00 Gallery Hosted by Anna		10.30 - 11.30 Padma Fitness 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae	10.30 - 11.30 Padma Fitness 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		12.00 - 13.00 Gallery Hosted by Srinivas		12.00 - 13.00 Gallery Hosted by Mathieu	
COOKING CLASS	TEA SHARING		COOKING CLASS		TEA SHARING		HOW TO FIX YOUR POSTURE		KAMALAYA SUNSET CRUISE		
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	MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao		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		MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao		12.00 - 12.30 Gallery Hosted by Eli		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
AQUA AEROBICS	AQUA BIKE SPINNING CLASS		SPINAL MOBILITY		PILATES ON MAT		SALSA DANCE		AQUA AEROBICS		
15.45 - 16.30 Lap Pool All Levels Hosted by Em	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 All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Mic		15.45 - 16.30 Yantra Hall All Levels Hosted by Em		15.45 - 16.45 Gallery All Levels Hosted by Valerie		15.45 - 16.30 Lap Pool All Levels Hosted by Due		
QI GONG	HIIT AND CORE				EVENING MEDITATION		FUNCTIONAL FITNESS CLASS				
17.00 - 17.45 Yantra Hall All Levels Hosted by Master Song	15.45 - 16.30 Yantra Hall Intermediate Level Hosted by Pei				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				
MOVIE NIGHT	PRANAYAMA		HERBAL WALK		THAI MARKET NIGHT AT KAMALAYA		SOUND HEALING MEDITATION		YOGA NIDRA (Yogic Sleep)		
20.00 Gallery FAT SICK AND NEARLY DEAD (Documentary) Hosted by Praveena	17.00 - 17.30 Yantra Hall Hosted by Praveena		17.00 - 18.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception Hosted by Pop		18.30 - 20.30 Kamala Boutique "In-house night market" Hosted by Svetlana		17.15 - 18.15 Yantra hall Hosted by Svetlana		17.00 - 17.30 Yantra Hall All Levels, Max 15 pax Please reserve at Wellness Reception Hosted by Snehal		

● 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.