

HOLISTIC ACTIVITY SCHEDULE 29 July - 04 August 2024

MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
TAI-CHI	QI GONG	MORNING MEDITATION	QI GONG	TAI-CHI	QI GONG	CHAKRA MEDITATION
07.45 - 08.30 Yoga Pavilion All Levels Hosted by Chai	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 Jinny	07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao	07.45 - 08.30 Yoga Pavilion All Levels Hosted by Srinivas
THERAPEUTIC YOGA	HATHA YOGA	VINYASA FLOW YOGA	YIN YOGA	VINYASA FLOW YOGA	HATHA YOGA	ASHTANGA YOGA
08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Jyoti
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 Pae	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 - 13.30 Meet at Reception 1,500++ 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 Jinny	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	BUILD AN OPTIMAL SLEEP ROUTINE	AWAKEN TO LIFE	REFORMER PILATES PLUS	REFORMER PILATES PLUS	MINDFULNESS WORKSHOP	HOW TO DO A DETOX AT HOME
12.00 - 13.00 Yantra Hall Hosted by Ronan	12.00 - 13.00 Yantra Hall Hosted by Anna	12.00 - 13.00 Yantra Hall Hosted by Praveena	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 Jinny	12.00 - 13.00 Yantra Hall Hosted by Srinivas	12.00 - 13.00 Gallery Hosted by Tara
COOKING CLASS	TEA SHARING	COOKING CLASS	INTRODUCTION TO STRUCTURAL	KNOW MORE ABOUT FEET		TEA SHARING
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	INTEGRATION THERAPY 12.00 - 13.00 Yantra Hall Hosted by Dr. Leonard	An introduction to feet philosophy 12.00 - 13.00 Yantra Hall Hosted by Mathieu		MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao
MUAY THAI MOVEMENT	AQUA BIKE SPINNING CLASS	SPINAL MOBILITY	TEA SHARING	AQUA BOX	FUNCTIONAL CIRCUIT TRAINING	ABS BUTT THIGHS
15.45 - 16.30 Yantra Hall All Levels Hosted by Chris	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 Kanan	15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao	15.45 - 16.30 Lap Pool All Levels Hosted by Pae	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 All Levels Hosted by Nut
PRANAYAMA	STRETCHING AND MOVEMENT	AQUA AEROBICS	HIIT AND CORE		PILATES ON MAT	
17.00 - 17.30 Yantra Hall Hosted by Srinivas	15.45 - 16.30 Yantra Hall All Levels Hosted by Pei	15.45 - 16.30 Lap Pool All Levels Hosted by Pei	15.45 - 16.30 Yantra Hall Intermediate Level Hosted by Nut		15.45 - 16.30 Yantra Hall All Levels Hosted by Fon	
MOVIE NIGHT	EVENING MEDITATION	HERBAL WALK	EVENING MEDITATION	SOUND HEALING MEDITATION	PRANAYAMA	YOGA NIDRA (Yogic Sleep)
20.00 Gallery KING OF MASKS (Drama/Comedy)	17.00 - 17.30 Yantra Hall Hosted by Sujay	17.00 - 18.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception Hosted by Pop	17.00 - 17.30 Yantra Hall Hosted by Srinivas	17.15 - 18.15 Yantra Hall Hosted by Svetlana	17.00 - 17.30 Yantra Hall Hosted by Snehal	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.