

# HOLISTIC ACTIVITY SCHEDULE 04 -10 NOVEMBER 2024

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
<b>TAI-CHI</b>	<b>QI GONG</b>	<b>MORNING MEDITATION</b>	<b>QI GONG</b>	<b>TAI-CHI</b>	<b>QI GONG</b>	<b>CHAKRA MEDITATION</b>
<b>07.45 - 08.30</b> Yoga Pavilion All Levels  Hosted by Chai	<b>07.30 - 08.30</b> Yoga Pavilion All Levels  Hosted by San Bao	<b>07.45 - 08.30</b> Yoga Pavilion All Levels  Hosted by Praveena	<b>07.30 - 08.30</b> Yoga Pavilion All Levels  Hosted by San Bao	<b>07.45 - 08.30</b> Yoga Pavilion All Levels  Hosted by Jinny	<b>07.30 - 08.30</b> Yoga Pavilion All Levels  Hosted by San Bao	<b>07.45 - 08.30</b> Yoga Pavilion All Levels  Hosted by Praveena
<b>THERAPEUTIC YOGA</b>	<b>VINYASA FLOW YOGA</b>	<b>YIN YOGA</b>	<b>HATHA YOGA</b>	<b>THERAPEUTIC YOGA</b>	<b>YIN YOGA</b>	<b>ASHTANGA YOGA</b>
<b>08.45 - 09.45</b> Yoga Pavilion All Levels  Hosted by Snehal	<b>08.45 - 09.45</b> Yoga Pavilion Intermediate Level  Hosted by Jyoti	<b>08.45 - 09.45</b> Yoga Pavilion All Levels  Hosted by Jyoti	<b>08.45 - 09.45</b> Yoga Pavilion All Levels  Hosted by Snehal	<b>08.45 - 09.45</b> Yoga Pavilion All Levels  Hosted by Snehal	<b>08.45 - 09.45</b> Yoga Pavilion All Levels  Hosted by Snehal	<b>08.45 - 09.45</b> Yoga Pavilion Intermediate Level  Hosted by Jyoti
<b>REFORMER PILATES PLUS</b>	<b>REFORMER PILATES PLUS</b>	<b>REFORMER PILATES PLUS</b>	<b>SPIRIT HOUSE PILGRIMAGE</b>	<b>SAMUI ISLAND CULTURAL TOUR</b>	<b>REFORMER PILATES PLUS</b>	<b>REFORMER PILATES PLUS</b>
<b>10.30 - 11.30</b> Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em	<b>10.30 - 11.30</b> Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom	<b>10.30 - 11.30</b> Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em	<b>09.45 - 10.30</b> Meet at Reception  Hosted by Kamalaya team	<b>09.00 - 13.30</b> Meet at Reception 1,500 ++ THB/person, Minimum 4 pax Please reserve at Reception 24 hrs in advance  Hosted by Pla	<b>10.30 - 11.30</b> Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	<b>10.30 - 11.30</b> Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny
<b>INTRODUCTION TO ANCIENT REIKI HEALING</b>	<b>CREATING POSITIVE HABITS</b>	<b>HOW TO FIX YOUR POSTURE</b>	<b>REFORMER PILATES PLUS</b>	<b>REFORMER PILATES PLUS</b>	<b>INTRODUCTION TO ANCIENT AYURVEDIC BLISS</b>	<b>HOW TO DO A DETOX AT HOME</b>
<b>12.00 - 13.00</b> Gallery  Hosted by Ronan	<b>12.00 - 13.00</b> Gallery  Hosted by Sujay	<b>12.00 - 12.30</b> Gallery  Hosted by Eli	<b>10.30 - 11.30</b> Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em	<b>10.30 - 11.30</b> Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em	<b>12.00 - 13.00</b> Gallery  Hosted by Suraj	<b>12.00 - 13.00</b> Gallery  Hosted by Tara
<b>COOKING CLASS</b>	<b>TEA SHARING</b>	<b>COOKING CLASS</b>	<b>TEA SHARING</b>			<b>TEA SHARING</b>
<b>HEALTHY THAI CUISINE</b>	<b>MEET NEW FRIENDS</b>	<b>HEALTHY DETOX CUISINE</b>	<b>MEET NEW FRIENDS</b>			<b>MEET NEW FRIENDS</b>
<b>12.00 - 14.00</b> Soma Restaurant 2,250 ++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef	<b>15.00 - 17.00</b> Alchemy Lounge Drop in anytime!  Hosted by San Bao	<b>12.00 - 14.00</b> Soma Restaurant 2,250 ++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef	<b>15.00 - 17.00</b> Alchemy Lounge Drop in anytime!  Hosted by San Bao			<b>15.00 - 17.00</b> Alchemy Lounge Drop in anytime!  Hosted by San Bao
<b>STRETCHING AND MOVEMENT</b>	<b>MUAY THAI MOVEMENT</b>	<b>CORE STABILITY FLOW</b>	<b>ABS BUTT THIGHS</b>	<b>STRETCHING AND MOVEMENT</b>	<b>SPINAL MOBILITY</b>	<b>HIIT AND CORE</b>
<b>15.45 - 16.30</b> Gallery All Levels  Hosted by Due	<b>15.45 - 16.30</b> Gallery All Levels  Hosted by Chris	<b>15.45 - 16.30</b> Gallery All Levels  Hosted by Pae	<b>15.45 - 16.30</b> Yoga Pavilion All Levels  Hosted by Pei	<b>15.45 - 16.30</b> Yoga Pavilion All Levels  Hosted by Pei	<b>15.45 - 16.30</b> Gallery All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Mic	<b>15.45 - 16.30</b> Gallery Intermediate Level  Hosted by Poom
<b>PRANAYAMA</b>				<b>FUNCTIONAL CIRCUIT TRAINING</b>	<b>AQUA AEROBICS</b>	
<b>17.00 - 17.30</b> Gallery  Hosted by Jyoti				<b>15.45 - 16.30</b> Padma 2 Intermediate Level, Max 12 pax Please reserve at Wellness Reception Hosted by Adam	<b>15.45 - 16.30</b> Lap Pool All Levels  Hosted by Due	
<b>MOVIE NIGHT</b>	<b>EVENING MEDITATION</b>	<b>SOUND HEALING MEDITATION</b>	<b>EVENING MEDITATION</b>	<b>PRANAYAMA</b>	<b>EVENING MEDITATION</b>	<b>YOGA NIDRA (Yogic Sleep)</b>
<b>20.00</b> Gallery <b>SEED THE UNTOLD STORY</b> (Documentary)  Hosted by Srinivas	<b>17.00 - 17.30</b> Gallery  Hosted by Praveena	<b>17.15 - 18.15</b> Yoga Pavilion  Hosted by Gill	<b>17.00 - 17.30</b> Yoga Pavilion  Hosted by Srinivas	<b>17.00 - 17.30</b> Yoga Pavilion  Hosted by Srinivas	<b>17.00 - 17.30</b> Gallery  Hosted by Srinivas	<b>17.00 - 17.30</b> Gallery 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.