

HOLISTIC ACTIVITY SCHEDULE 03 - 09 FEBRUARY 2025

MONDAY 3		TUESDAY 4		WEDNESDAY 5		THURSDAY 6		FRIDAY 7		SATURDAY 8		SUNDAY 9	
MORNING POWER WALK		QI GONG		PRANAYAMA		QI GONG		TAI-CHI		CHAKRA MEDITATION		QI GONG	
07.45 - 08.30 Beach All Levels Please wear sport shoes 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 Smitha		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao		07.45 - 08.30 Yoga Pavilion All Levels Hosted by Chai		07.45 - 08.30 Yoga Pavilion All Levels Hosted by Smitha		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao	
YIN YOGA	VINYASA FLOW YOGA	HATHA YOGA	THERAPEUTIC YOGA	YIN YOGA	HATHA YOGA	THERAPEUTIC YOGA	HATHA YOGA	YIN YOGA	ASHTANGA YOGA	THERAPEUTIC YOGA	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 Valerie	08.45 - 09.45 Yantra Hall 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 Jyoti	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yantra Hall All Levels Hosted by Fon	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 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yantra Hall All Levels Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Jyoti	08.45 - 09.45 Yantra Hall Intermediate Level Hosted by Mew
REFORMER PILATES		REFORMER PILATES		REFORMER PILATES		SPIRIT HOUSE PILGRIMAGE		SAMUI ISLAND CULTURAL TOUR		REFORMER PILATES		REFORMER PILATES	
10.30 - 11.30 Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		10.30 - 11.30 Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom		10.30 - 11.30 Padma Fitness All Levels 1,790 ++ 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 - 13.30 Meet at Reception 1,500 ++ THB/person, Max. 4 pax Please reserve at Reception 24 hrs in advance Hosted by Pla		10.30 - 11.30 Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		10.30 - 11.30 Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom	
INTRODUCTORY TALK ROLFING AND STRUCTURAL INTEGRATION		INTRODUCTION TO ANCIENT REIKI HEALING		HOW TO FIX YOUR POSTURE		REFORMER PILATES		REFORMER PILATES		EMBRACING ONESELF WORKSHOP		FLOWING WITH THE SEA OF LIFE - CLASSICAL CHINESE MEDICINE	
12.00 - 13.00 Gallery Hosted by Uli		12.00 - 13.00 Gallery Hosted by Ronan		12.00 - 12.30 Gallery Hosted by Eli		10.30 - 11.30 Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		10.30 - 11.30 Padma Fitness All Levels 1,790 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em		12.00 - 13.00 Gallery Hosted by Srinivas		12.00 - 13.00 Gallery Hosted by Bernie	
COOKING CLASS		TEA SHARING		COOKING CLASS		INTRODUCTION TO REBIRTHING		INTRODUCTION TO REBIRTHING		KAMALAYA SUNSET CRUISE		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		BREATHWORK 12.00 - 13.00 Gallery Hosted by Yasmin		BREATHWORK 12.00 - 13.00 Gallery Hosted by Yasmin		14.00 - 18.30 Meet at Reception 2,900 ++ THB/person, Max. 8 pax Please reserve at Reception 24 hrs in advance Hosted by Kamalaya Team		MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao	
STRETCHING AND MOVEMENT		FREEFORM BOARD		SALSA DANCE		TEA SHARING		GLUTES AND ABS		AQUA BIKE SPINNING CLASS		MOTR PILATES	
15.45 - 16.30 Yantra Hall All Levels Hosted by Pae		15.45 - 16.30 Yantra Hall 995 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		15.45 - 16.45 Gallery All Levels Hosted by Valerie		15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao		15.45 - 16.30 Yantra Hall All Levels Hosted by Pitcha		15.45 - 16.30 Lap Pool - All Levels 995 ++ THB/person, Max. 5 pax Please reserve at Reception Hosted by Due		15.45 - 16.30 Yantra Hall 995 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	
EVENING MEDITATION		PILATES ON MAT		SPINAL MOBILITY		EVENING MEDITATION		FUNCTIONAL FITNESS		HIIT		AQUA AEROBICS	
17.00 - 17.30 Yantra Hall Hosted by Praveena		15.45 - 16.30 Yoga Pavilion All Levels Hosted by Fon		15.45 - 16.30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kanan		17.00 - 17.30 Yantra Hall Hosted by Praveena		15.45 - 16.30 Padma 2 Intermediate Level, Max 8 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 Hosted by Pitcha	
MOVIE NIGHT		PRANAYAMA		SOUND HEALING MEDITATION		THAI MARKET NIGHT AT KAMALAYA		QI GONG		HERBAL WALK		YOGA NIDRA (Yogic Sleep)	
20.00 Gallery VARA A BLESSING (Drama)		17.00 - 17.30 Yantra Hall Hosted by Jyoti		17.00 - 18.00 Yantra Hall All Levels, Max. 25 pax Please reserve at Wellness Reception Hosted by Svetlana		18.30 - 21.00 Kamala Boutique "In-house night market"		17.00 - 17.45 Meet at Yantra Lawn All Levels Hosted by Master Song		17.00 - 18.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception 24 hrs in advance Hosted by Amy		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.