

HOLISTIC ACTIVITY SCHEDULE 12 - 18 MAY 2025

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
MANTRA CHANTING	MANTRA CHANTING	MANTRA CHANTING	MANTRA CHANTING	MANTRA CHANTING	CHAKRA MEDITATION	PRANAYAMA
07.00 - 07.30 Yantra Hall Temple All Levels Hosted by Adi	07.00 - 07.30 Yantra Hall Temple All Levels Hosted by Adi	07.00 - 07.30 Yantra Hall Temple All Levels Hosted by Adi	07.00 - 07.30 Yantra Hall Temple All Levels Hosted by Adi	07.00 - 07.30 Yantra Hall Temple All Levels Hosted by Adi	07.45 - 08.30 Yoga Pavilion All Levels Hosted by Srinivas	07.45 - 08.30 Yoga Pavilion All Levels Hosted by Priyanka
MORNING MEDITATION	QI GONG YI JIN JING	PRANAYAMA	QI GONG YI JIN JING	MORNING MEDITATION		
07.45 - 08.30 Yoga Pavilion All Levels Hosted by Priyanka	07.45 - 08.30 Yoga Pavilion All Levels Hosted by Beam	07.45 - 08.30 Yoga Pavilion All Levels Hosted by Jyoti	07.45 - 08.30 Yoga Pavilion All Levels Hosted by Beam	07.45 - 08.30 Yoga Pavilion All Levels Hosted by Priyanka		
VINYASA FLOW YOGA	YIN YOGA	KRIYA YOGA	HATHA YOGA	KRIYA YOGA	THERAPEUTIC YOGA	ASHTANGA YOGA
08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Jyoti	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yantra Hall All Levels Hosted by Adi	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yantra Hall All Levels Hosted by Adi	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Jyoti	08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Jyoti
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 Poom	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 Fon	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 dress appropriately Please reserve at Reception 24 hrs in advance Hosted by Minnie	10.30 - 11.30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Fon	10.30 - 11.30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny
INTRODUCTION TO ANCIENT REIKI HEALING	INNER CLARITY: BALANCING THE THIRD EYE (AJNA) CHAKRA	HOW TO FIX YOUR POSTURE	REFORMER PILATES	REFORMER PILATES	UNLOCK YOUR BODY: FASCIA FOCUSED MOVEMENT FOR MOBILITY	EATING BY THE SEASON - CHINESE HEALTH GUIDELINES
12.00 - 12.30 Gallery Hosted by Ronan	12.00 - 13.00 Gallery Hosted by Adi	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 Jinny	10.30 - 11.30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	12.00 - 13.00 Gallery Hosted by Maria	12.00 - 13.00 Gallery Hosted by Bernie
COOKING CLASS		COOKING CLASS	INTRODUCTION TO CHAKRA BALANCING	RECOVERING FROM BURNOUT IN MODERN SOCIETY	KAMALAYA SUNSET CRUISE	
HEALTHY THAI CUISINE 12.00 - 14.00 Soma Restaurant 2,450++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		HEALTHY DETOX CUISINE 12.00 - 14.00 Soma Restaurant 2,450++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef	12.00 - 12.30 Gallery Hosted by Gill	12.00 - 13.00 Gallery Hosted by KB	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	
STRETCHING AND MOVEMENT	AQUA AEROBICS	PILATES ON MAT	MUAY THAI MOVEMENT	GLUTES & ABS	AQUA AEROBICS	HIIT
15.45 - 16.30 Yantra Hall All Levels Hosted by Pitcha	15.45 - 16.30 Lap Pool All Levels Hosted by Em	15.45 - 16.30 Yantra Hall All Levels Hosted by Em	15.45 - 16.30 Yantra Hall All Levels Hosted by Chris	15.45 - 16.30 Yantra Hall All Levels Hosted by Pitcha	15.45 - 16.30 Lap Pool All Levels Hosted by Pitcha	15.45 - 16.30 Yantra Hall Intermediate Level Hosted by Chai
PRANAYAMA	MOTR PILATES		FUNCTIONAL FITNESS		SPINAL MOBILITY	
17.00 - 17.30 Yantra Hall Hosted by Srinivas	15.45 - 16.30 Yantra Hall 995++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		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 All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kwang	
MOVIE NIGHT	EVENING MEDITATION	HERBAL WALK	MINDFUL MEDITATION	EVENING MEDITATION	PRANAYAMA	EVENING MEDITATION
20.00 Gallery FOOD CHOICES (Documentary)	17.00 - 17.30 Yantra Hall Hosted by Priyanka	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 Hosted by Adi	17.00 - 17.30 Yantra Hall Hosted by Srinivas	17.00 - 17.30 Yantra Hall Hosted by Priyanka	17.00 - 17.30 Yantra Hall Hosted by Srinivas

● 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. Guest's joining more than 5 minutes after the scheduled start time may be denied entry to avoid disruptions.

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.