

HOLISTIC ACTIVITY SCHEDULE 23 FEBRUARY - 1 MARCH 2026

| MONDAY 23 | | TUESDAY 24 | | WEDNESDAY 25 | | THURSDAY 26 | | FRIDAY 27 | | SATURDAY 28 | | SUNDAY 1 | |
|--|--|--|---|--|---|---|--|--|--|--|--|---|--|
| MANTRA CHANTING | | MANTRA CHANTING | | MANTRA CHANTING | | MANTRA CHANTING | | MANTRA CHANTING | | MORNING MEDITATION | | QI GONG | |
| 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 | | 07:30 - 08:30 Yoga Pavilion All Levels Hosted by San Bao | | 07:00 - 07:30 Yantra Hall Temple All Levels Hosted by Adi | | 07:45 - 08:30 Yantra Hall All Levels Hosted by Priyanka | |
| VEDANTIC MEDITATION (The State of Absorption) | | QI GONG | | TAI-CHI | | VINYASA SLOW FLOW YOGA | | HATHA YOGA | | CHAKRA MEDITATION | | | |
| 07:45 - 08:30 Yantra Hall All Levels Hosted by Adi | | 07:30 - 08:30 Yoga Pavilion All Levels Hosted by San Bao | | 07:45 - 08:30 Yoga Pavilion All Levels Hosted by Pae | | 08:45 - 09:45 Yoga Pavilion All Levels Hosted by Fon | | 08:45 - 09:45 Yantra Hall All Levels Hosted by Snehal | | 07:45 - 08:30 Yantra Hall All Levels Hosted by Srinivas | | | |
| HATHA YOGA | VINYASA SLOW FLOW YOGA | THERAPEUTIC YOGA | ASHTANGA YOGA | HATHA YOGA | YIN YOGA | SPIRIT HOUSE PILGRIMAGE | | VINYASA YOGA | THERAPEUTIC YOGA | YIN YOGA | HATHA YOGA | THERAPEUTIC YOGA | ASHTANGA YOGA |
| 08:45 - 09:45 Yoga Pavilion Intermediate Level Hosted by Jyoti | 08:45 - 09:45 Yantra Hall All Levels Hosted by Snehal | 08:45 - 09:45 Yantra Hall All Levels Hosted by Fon | 08:45 - 09:45 Yantra Hall Intermediate Level Hosted by Jyoti | 08:45 - 09:45 Yoga Pavilion Intermediate Level Hosted by Fon | 08:45 - 09:45 Yantra Hall All Levels Hosted by Jyoti | 09:45 - 10:30 Meet at Reception Hosted by Kamalaya team | | 08:45 - 09:45 Yoga Pavilion Intermediate Level Hosted by Fon | 08:45 - 09:45 Yantra Hall All Levels Hosted by Snehal | 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 Jyoti | 08:45 - 09:45 Yantra Hall Intermediate Level Hosted by Snehal |
| REFORMER PILATES | | REFORMER PILATES | | REFORMER PILATES | | REFORMER PILATES | | 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 Pae | | 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 Em | | 10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny | | 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 Jinny | | 10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom | |
| KNOW YOUR CHAKRA - FROM ROOT TO HEART | | KNOW YOUR CHAKRA - FROM THROAT TO CROWN | | VEDANTA WORKSHOP (The Self Unfolding Tool) | | MUAY THAI MOVEMENT | | REFORMER PILATES | | EMBRACING ONESELF WORKSHOP | | PEARLS OF CHINESE MEDICINE- CIRCADIAN RHYTHMS | |
| 12:00 - 13:30 Gallery Hosted by Adi | | 12:00 - 13:30 Gallery Hosted by Adi | | 12:00 - 13:00 Gallery Hosted by Adi | | 12:00 - 12:45 Yantra Hall All Levels Hosted by Chris | | 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 Srinivas | | 12:00 - 13:00 Gallery Hosted by Bernie | |
| COOKING CLASS | | TEA SHARING | | COOKING CLASS | | TEA SHARING | | NURTURING THE GUT FOR WHOLE-BODY WELLBEING | | KAMALAYA SUNSET CRUISE | | MEET NEW FRIENDS | |
| 12:00 - 14:00 Soma Restaurant 2,450++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef | | 15:00 - 17:00 Alchemy Lounge Drop in anytime! Hosted by San Bao | | 12:00 - 14:00 Soma Restaurant 2,450++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef | | 15:00 - 17:00 Alchemy Lounge Drop in anytime! Hosted by San Bao | | 12:00 - 13:00 Gallery Hosted by Isaias | | 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 | | 15:00 - 17:00 Alchemy Lounge Drop in anytime! Hosted by San Bao | |
| HIIT | | AQUA AEROBICS | | SPINAL MOBILITY | | MAT PILATES | | STRETCHING & MOBILITY | | GLUTES & ABS | | AQUA BOXING | |
| 15:45 - 16:30 Yantra Hall Intermediate Level Hosted by Mook | | 15:45 - 16:30 Lap Pool All Levels Hosted by Nut | | 15:45 - 16:30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Neem | | 15:45 - 16:30 Yantra Hall All Levels Hosted by Jinny | | 15:45 - 16:30 Yantra Hall All Levels Hosted by Pitcha | | 15:45 - 16:30 Yantra Hall All Levels Hosted by Due | | 15:45 - 16:30 Lap Pool All Levels Hosted by Fai | |
| EVENING MEDITATION | | TRX SUSPENSION TRAINING | | FUNCTIONAL FITNESS | | AQUA SPINNING | | FUNCTIONAL FITNESS | | | | MOTR PILATES | |
| 17:00 - 17:30 Yantra Hall Hosted by Priyanka | | 15:45 - 16:30 Yoga Pavilion All Levels, Max. 10 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 Nut | | 15:45 - 16:30 Lap Pool All Levels 995++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Due | | 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 995++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae | |
| MOVIE NIGHT | | GIFT OF LOVE | | YOGA NIDRA (Yogic Sleep) | | TRATAKA MEDITATION (Focused meditation) | | QI GONG | | HERBAL WALK | | PRANAYAMA | |
| 20:00 Gallery THE CUP (Drama) Follow the journey of young Tibetan monks as they embark on a humorous adventure of faith and football. Everyone is welcome | | 18:00 - 19:00 Join us for this unique event to connect with your higher self and harness the transformative power of music and singing meditation. Hosted by Satva kirtan band | | 17:00 - 17:30 Yantra Hall All Levels, Max 15 pax Please reserve at Wellness Reception. Please arrive 15 mins early. Late arrivals may be denied entry. Hosted by Adi | | 17:00 - 17:45 Gallery Hosted by Adi | | 17:00 - 17:30 Meet at Yantra Lawn All Levels Hosted by Master Song | | 17:00 - 18:00 Meet at Yantra Lawn All Levels, Max. 8 pax Please reserve at Wellness Reception 24 hrs in advance Hosted by Wan | | 17:00 - 17:30 Yantra Hall Hosted by Smitha | |

● 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. Guests 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.