

HOLISTIC ACTIVITY SCHEDULE 04 - 10 MAY 2026

MONDAY 04	TUESDAY 05	WEDNESDAY 06	THURSDAY 07	FRIDAY 08	SATURDAY 09	SUNDAY 10
MANTRA CHANTING	MANTRA CHANTING	MANTRA CHANTING	MANTRA CHANTING	MANTRA CHANTING	CHAKRA MEDITATION	TAI CHI
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 Yantra Hall All Levels Hosted by Sirivas	07:45 - 08:30 Yoga Pavilion All Levels Hosted by Jinny
MORNING MEDITATION	QI GONG	PRANAYAMA	QI GONG			
07:45 - 08:30 Yantra Hall All Levels Hosted by Sirivas	07:30 - 08:30 Yoga Pavilion All Levels Hosted by San Bao	07:45 - 08:30 Yantra Hall All Levels Hosted by Smitha	07:30 - 08:30 Yoga Pavilion All Levels Hosted by San Bao			
VINYASA SLOW FLOW YOGA	HATHA YOGA	YIN YOGA	ASHTANGA YOGA	THERAPEUTIC YOGA	VINYASA YOGA	THERAPEUTIC YOGA
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 Snehal	08:45 - 09:45 Yoga Pavilion All Levels Hosted by Fon	08:45 - 09:45 Yoga Pavilion Intermediate Level Hosted by Snehal	08:45 - 09:45 Yoga Pavilion All Level Hosted by Snehal
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 Pae	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 Pae	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 Mintra	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
	CREATING POSITIVE HABITS	UNLOCK YOUR BODY: FASCIA FOCUSED MOVEMENT FOR MOBILITY	REFORMER PILATES	REFORMER PILATES	HOW TO DO A DETOX AT HOME	KNOW MORE ABOUT FEET (An introduction to feet/Isaaphy)
	12:00 - 13:00 Gallery Hosted by Sujay	12:00 - 13:00 Gallery Hosted by Maria	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 Tara	12:00 - 13:00 Gallery Hosted by Nour
COOKING CLASS	TEA SHARING	COOKING CLASS	TEA SHARING	VEDANTA WORKSHOP (The Self Unfoldment Tool)	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	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 2,450 ++ 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	12:00 - 13:00 Gallery Hosted by Adi	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	
HIIT	AQUA AEROBICS	SALSA DANCE	GLUTES & ABS	AQUA BOXING	MAT PILATES	STRETCHING & MOBILITY
15:45 - 16:30 Yantra Hall Intermediate Level Hosted by Ming	15:45 - 16:30 Lap Pool All Levels Hosted by Mook	15:45 - 16:45 Gallery All Levels Hosted by Valerie	15:45 - 16:30 Yantra Hall All Levels Hosted by Mook	15:45 - 16:30 Lap Pool All Levels Hosted by Pitcha	15:45 - 16:30 Yantra Hall All Levels Hosted by Jinny	15:45 - 16:30 Yantra Hall All Levels Hosted by Ming
	SPINAL MOBILITY	FREEFORM BOARD				FUNCTIONAL FITNESS
	15:45 - 16:30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kanan	15:45 - 16:30 Yantra Hall Intermediate Level 995 ++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em				15:45 - 16:30 Padma 2 Intermediate Level, Max 8 pax Please reserve at Wellness Reception Hosted by Pitcha
MOVIE NIGHT	KRIYA PRACTICE (Stillness by inner motion)	MINDFUL MEDITATION	QI GONG	YOGA NIDRA (Yogic Sleep)	HERBAL WALK	PRANAYAMA
20:00 Gallery IN THE MOOD FOR LOVE A visually stunning meditation on desire that redefined modern cinema. Everyone is welcome	17:00 - 17:30 Yantra Hall Hosted by Adi	17:00 - 17:30 Yantra Hall Hosted by Adi	17:00 - 17:45 Meet at Yantra Lawn All Levels Hosted by Master Song	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 Snehal	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 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. 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.