

## HOLISTIC ACTIVITY SCHEDULE DATE 15 - 21 JUNE 2026

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19	SATURDAY 20	SUNDAY 21
<b>CHAKRA MEDITATION</b>	<b>QI GONG</b>	<b>MANTRA CHANTING</b>	<b>MANTRA CHANTING</b>	<b>MANTRA CHANTING</b>	<b>PRANAYAMA</b>	<b>QI GONG</b>
<b>07:45 - 08:30</b> Yoga Pavilion All Levels  Hosted by Srinivas	<b>07:30 - 08:30</b> Yoga Pavilion All Levels  Hosted by San Bao	<b>07:00 - 07:30</b> Yantra Hall Temple All Levels  Hosted by Adi	<b>07:00 - 07:30</b> Yantra Hall Temple All Levels  Hosted by Adi	<b>07:00 - 07:30</b> Yantra Hall Temple All Levels  Hosted by Adi	<b>07:45 - 08:30</b> Yantra Hall All Levels  Hosted by Srinivas	<b>07:30 - 08:30</b> Yoga Pavilion All Levels  Hosted by San Bao
		<b>VEDANTIC MEDITATION</b> (The State of Absorption)	<b>QI GONG</b>	<b>TAI-CHI</b>		<b>INTERNATIONAL YOGA DAY</b>
		<b>07:45 - 08:30</b> Yantra Hall All Levels  Hosted by Adi	<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 Pae		<b>08:45 - 10:15</b> Yantra Hall All Levels  Hosted by Jyoti and Snehal
<b>YIN YOGA</b>	<b>HATHA YOGA</b>	<b>VINYASA FLOW YOGA</b>	<b>THERAPEUTIC YOGA</b>	<b>ASHTANGA YOGA</b>	<b>VINYASA SLOW FLOW YOGA</b>	<b>REFORMER PILATES</b>
<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 Jyoti	<b>08:45 - 09:45</b> Yantra Hall Intermediate Level  Hosted by Fon	<b>08:45 - 09:45</b> Yoga Pavilion All Levels  Hosted by Fon	<b>08:45 - 09:45</b> Yantra Hall Intermediate Level  Hosted by Snehal	<b>08:45 - 09:45</b> Yoga Pavilion All Levels  Hosted by Jyoti	<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>REFORMER PILATES</b>	<b>REFORMER PILATES</b>	<b>REFORMER PILATES</b>	<b>SPIRIT HOUSE PILGRIMAGE</b>	<b>SAMUI ISLAND CULTURAL TOUR</b>	<b>REFORMER PILATES</b>	<b>KNOW MORE ABOUT FEET</b> (An introduction to feet/iosophy)
<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 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 dress appropriately Please reserve at Reception 24 hrs in advance Hosted by Mintra	<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>12:00 - 13:00</b> Gallery  Hosted by Nour
<b>HEALTHY THAI CUISINE</b> <b>12:00 - 14:00</b> Soma Restaurant 2,450++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance  Hosted by Chef	<b>LIFE STAGES FROM A CHINESE MEDICINE</b>	<b>PRANAYAMA WORKSHOP</b> "Know your breath, know your life"	<b>REFORMER PILATES</b>	<b>REFORMER PILATES</b>	<b>MANAGING STRESS AND ANXIETY</b> <b>THROUGH HOLISTIC WELLBEING</b>	<b>TEA SHARING</b> <b>MEET NEW FRIENDS</b> <b>15:00 - 17:00</b> Alchemy Lounge Drop in anytime!  Hosted by San Bao
	<b>PERSPECTIVE</b> <b>12:00 - 13:00</b> Gallery  Hosted by Bernie	<b>12:00 - 13:00</b> Gallery  Hosted by Jyoti	<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 Fon	<b>12:00 - 13:00</b> Gallery  Hosted by Ayush	
<b>FUNCTIONAL FITNESS</b>	<b>TEA SHARING</b>	<b>COOKING CLASS</b>	<b>TEA SHARING</b>	<b>VEDANTA WORKSHOP</b> (The Self Unfoldment Tool)	<b>KAMALAYA SUNSET CRUISE</b>	<b>SPINAL MOBILITY</b>
<b>15:45 - 16:30</b> Padma 2 Intermediate Level, Max 8 pax Please reserve at Wellness Reception Hosted by Ming	<b>MEET NEW FRIENDS</b> <b>15:00 - 17:00</b> Alchemy Lounge Drop in anytime!  Hosted by San Bao	<b>HEALTHY DETOX CUISINE</b> <b>12:00 - 14:00</b> Soma Restaurant 2,450++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef	<b>MEET NEW FRIENDS</b> <b>15:00 - 17:00</b> Alchemy Lounge Drop in anytime!  Hosted by San Bao	<b>12:00 - 13:00</b> Gallery  Hosted by Adi	<b>14:00 - 18:30</b> Meet at Reception 2,900++ THB/person, Max. 8 pax Please reserve at Reception 24 hrs in advance Hosted by Kamalaya Team	<b>15:45 - 16:30</b> Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Neem
<b>CYCLIC MEDITATION</b>	<b>AQUA AEROBICS</b>	<b>GLUTES &amp; ABS</b>	<b>HIIT</b>	<b>STRETCHING &amp; MOBILITY</b>	<b>MAT PILATES</b>	<b>AQUA BOXING</b>
<b>17:00 - 17:45</b> Yoga Pavilion  Hosted by Adi	<b>15:45 - 16:30</b> Lap Pool All Levels  Hosted by Em	<b>15:45 - 16:30</b> Yantra Hall All Levels  Hosted by Pitcha	<b>15:45 - 16:30</b> Yantra Hall Intermediate Level  Hosted by Ming	<b>15:45 - 16:30</b> Yantra Hall All Levels  Hosted by Poom	<b>15:45 - 16:30</b> Yantra Hall All Levels  Hosted by Fon	<b>15:45 - 16:30</b> Lap Pool All Levels  Hosted by Pitcha
<b>MOVIE NIGHT</b>	<b>EVENING MEDITATION</b>	<b>PRANAYAMA</b>	<b>YOGA NIDRA (Yogic Sleep)</b>	<b>EVENING MEDITATION</b>	<b>RESTORATIVE YOGA</b>	<b>HERBAL WALK</b>
<b>20:00</b> Gallery <b>VEGUCATED</b> (Documentary)  Three New Yorkers adopt a vegan lifestyle. What begins as an experiment reveals questions around health, ethics and way of living. Everyone is welcome	<b>17:00 - 17:30</b> Yoga Pavilion  Hosted by Praveena	<b>17:00 - 17:30</b> Yantra Hall  Hosted by Praveena	<b>17:00 - 17:30</b> 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	<b>17:00 - 17:30</b> Yantra Hall  Hosted by Priyanka	<b>17:00 - 17:45</b> Yantra Hall All Levels, Max 10 pax Please reserve at Wellness Reception.  Hosted by Snehal	<b>17:00 - 18:00</b> Meet at Yantra Lawn All Levels, Max. 8 pax Please reserve at Wellness Reception 24 hrs in advance  Hosted by Wan

● 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.