HOLISTIC ACTIVITY SCHEDULE 07 - 13 SEPTEMBER 2026

MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
MANTRA CHANTING **07:00 - 07:30** Yantra Hall Temple All Levels Hosted by Adi	MANTRA CHANTING **07:00 - 07:30** Yantra Hall Temple All Levels Hosted by Adi	MANTRA CHANTING **07:00 - 07:30** Yantra Hall Temple All Levels Hosted by Adi	QI GONG **07:30 - 08:30** Meet at Yantra Lawn All Levels Hosted by San Bao	TAI CHI **07:45 - 08:30** Meet at Yantra Lawn All Levels Hosted by Jinny	MORNING MEDITATION **07:45 - 08:30** Yantra Hall All Levels Hosted by Priyanka	QI GONG **07:30 - 08:30** Meet at Yantra Lawn All Levels Hosted by San Bao
PRANAYAMA **07:45 - 08:30** Yantra Hall All Levels Hosted by Srinivas	QI GONG **07:30 - 08:30** Meet at Yantra Lawn All Levels Hosted by San Bao	CHAKRA MEDITATION **07:45 - 08:30** Yantra Hall All Levels Hosted by Smitha				
VINYASA SLOW FLOW YOGA **08:45 - 09:45** Yantra Hall All Levels Hosted by Snehal	HATHA YOGA **08:45 - 09:45** Yantra Hall Intermediate Level Hosted by Bee	YIN YOGA **08:45 - 09:45** Yantra Hall All Levels Hosted by Bee	VINYASA FLOW YOGA **08:45 - 09:45** Yantra Hall Intermediate Level Hosted by Snehal	THERAPEUTIC YOGA **08:45 - 09:45** Gallery All Levels Hosted by Fon	ASHTANGA YOGA **08:45 - 09:45** Yantra Hall Intermediate Level Hosted by Jyoti	HATHA YOGA **08:45 - 09:45** Yantra Hall All Levels Hosted by Fon
REFORMER PILATES **10:30 - 11:30** Yantra Hall 2 - All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Cancellations made under 4 hrs. will be subject 50% fee, and no-shows will be fully charged Hosted by Mook	REFORMER PILATES **10:30 - 11:30** Yantra Hall 2 - All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Cancellations made under 4 hrs. will be subject 50% fee, and no-shows will be fully charged Hosted by Mook	REFORMER PILATES **10:30 - 11:30** Yantra Hall 2 - All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Cancellations made under 4 hrs. will be subject 50% fee, and no-shows will be fully charged Hosted by Pae	SPIRIT HOUSE PILGRIMAGE **09:45 - 10:30** Meet at Reception Hosted by Kamalaya team	SAMUI ISLAND CULTURAL TOUR **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	REFORMER PILATES **10:30 - 11:30** Yantra Hall 2 - All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Cancellations made under 4 hrs. will be subject to 50% fee, and no-shows will be fully charged Hosted by Pae	REFORMER PILATES **10:30 - 11:30** Yantra Hall 2 - All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Cancellations made under 4 hrs. will be subject to 50% fee, and no-shows will be fully charged Hosted by Jinny
NURTURING THE GUT FOR WHOLE-BODY WELLBEING **12:00-13:00** Gallery Hosted by Isaias	**VEDANTA WORKSHOP** (The Self Unfoldment Tool) **12:00-13:00** Gallery Hosted by Adi	HOW TO DO A DETOX AT HOME **12:00-13:00** Gallery Hosted by Tara	REFORMER PILATES **10:30 - 11:30** Yantra Hall 2 - All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Cancellations made under 4 hrs. will be subject to 50% fee, and no-shows will be fully charged Hosted by Jinny	MAT PILATES **10:30 - 11:30** Gallery All Levels Hosted by Fon	EMBRACING ONESELF WORKSHOP **12:00-13:00** Gallery Hosted by Srinivas	FLOWING WITH THE SEA OF LIFE - CLASSICAL CHINESE MEDICINE **12:00-13:00** Gallery Hosted by Bernie
COOKING CLASS 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	TEA SHARING MEET NEW FRIENDS **15:00 - 17:00** Alchemy Lounge Drop in anytime! Hosted by San Bao	COOKING CLASS 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	TEA SHARING MEET NEW FRIENDS **15:00 - 17:00** Alchemy Lounge Drop in anytime! Hosted by San Bao	INTRODUCTION TO PHYSICAL, EMOTIONAL AND MENTAL HEALING **12:00-13:00** Gallery Hosted by Vijaya		TEA SHARING MEET NEW FRIENDS **15:00 - 17:00** Alchemy Lounge Drop in anytime! Hosted by San Bao
HIIT **15:45-16:30** Yantra Hall Intermediate Level Hosted by Ming	AQUA AEROBICS WITH NOODLE **15:45-16:30** Lap Pool All Levels Hosted by Mook	SPINAL MOBILITY **15:45-16:30** Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kanan	STRETCHING & MOBILITY **15:45-16:30** Yantra Hall All Levels Hosted by Ming	AQUA BOXING **15:45-16:30** Lap Pool All Levels Hosted by Pae	STRETCHING & MOBILITY **15:45-16:30** Yantra Hall All Levels Hosted by Fon	GLUTES & ABS **15:45-16:30** Yantra Hall All Levels Hosted by Mook
MOVIE NIGHT **20:00** Gallery TASHI AND THE MONK (Documentary) A Himalayan monk's orphanage faces its greatest test when a 5-year-old girl, deeply scarred by loss, arrives. Everyone is welcome	SOUND HEALING MEDITATION **17:15-18:15** Yantra Hall 450++ THB/person, Max. 20 pax Please reserve at Wellness Reception Cancellations made under 4 hrs. will be subject to 50% fee, and no-shows will be fully charged Hosted by Can	PRANAYAMA **17:00-17:30** Gallery Hosted by Jyoti	EVENING MEDITATION **17:00-17:30** Yantra Hall Hosted by Smitha	PRANAYAMA **17:00-17:30** Yantra Hall Hosted by Srinivas	HERBAL WALK **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	YOGA NIDRA (Yogic Sleep) **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

COACHING/WORKSHOPS · YOGA · BODY WORK/PHYSICAL EXERCISES · MEDITATIONS/ENERGY WORK · CULTURAL ACTIVITY · ENTERTAINMENT

Shakti Fitness Centre open daily from 07:00 to 20:00. I 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. I Please dress appropriately. I Please advise cancellation 24 hours in advance.
Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.