HOLISTIC ACTIVITY SCHEDULE 05 - 11 OCTOBER 2026

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	SATURDAY 10	SUNDAY 11
MORNING MEDITATION **07:45 - 08:30** Yantra Hall All Levels Hosted by Praveena	**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 Pae	**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 Pae	**CHAKRA MEDITATION** **07:45 - 08:30** Yantra Hall All Levels Hosted by Sujay	**QI GONG** **07:30 - 08:30** Meet at Yantra Lawn All Levels Hosted by San Bao
VINYASA SLOW FLOW YOGA **08:45 - 09:45** Yantra Hall All Levels Hosted by Bee	**HATHA YOGA** **08:45 - 09:45** Yantra Hall Intermediate Level Hosted by Fon	**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 Fon	**THERAPEUTIC YOGA** **08:45 - 09:45** Yantra Hall All Levels Hosted by Snehal	**HATHA YOGA** **08:45 - 09:45** Yantra Hall All Levels Hosted by Priyanka	**ASHTANGA YOGA** **08:45 - 09:45** Yantra Hall Intermediate Level Hosted by Snehal
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 Poom	**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 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 to 50% fee, and no-shows will be fully charged Hosted by Mook	**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 Poom	**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 Mook
INTRODUCTION TO TRADITIONAL JAPANESE MEDICINE **12:00-13:00** Gallery Hosted by Dr. Harada	**SLEEP AS A PILLAR OF HEALTH: FROM CIRCADIAN REGULATION TO REPAIR AND REGENERATION** **12:00-13:00** Gallery Hosted by Anna	**AWAKEN TO LIFE** **12:00-13:00** Gallery Hosted by Praveena	**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 Fon	**EMBRACING ONESELF WORKSHOP** **12:00-13:00** Gallery Hosted by Srinivas	**EATING BY THE SEASON - CHINESE HEALTH GUIDELINES** **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		**DETOX FOR MIND BODY AND SPIRIT** **12:00-13:00** Gallery Hosted by Tara	**INTRODUCTION TO TRADITIONAL JAPANESE MEDICINE** **12:00-13:00** Gallery Hosted by Dr. Harada	**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
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	**SALSA DANCE** **15:45-16:45** Gallery All Levels Hosted by Valerie	**TEA SHARING** **MEET NEW FRIENDS** **15:00 - 17:00** Alchemy Lounge Drop in anytime! Hosted by San Bao	**KAMALAYA BEYOND THE MOCKTAILS** **15:00-16:15** Ceremony Table 1,800++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Ice	**MAT PILATES** **15:45-16:30** Yantra Hall All Levels Hosted by Fon	**AQUA AEROBICS WITH NOODLE** **15:45-16:30** Lap Pool All Levels Hosted by Em
PRANAYAMA **17:00-17:30** Yantra Hall Hosted by Srinivas		**SPINAL MOBILITY** **15:45-16:30** Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Mic	**GLUTES & ABS** **15:45-16:30** Yantra Hall All Levels Hosted by Ming	**HIIT** **15:45-16:30** Yantra Hall Intermediate Level Hosted by Poom		
MOVIE NIGHT **20:00** Gallery FOOD INC (Documentary) Follow the story that highlights the industry's role in health crises like obesity and diabetes. Everyone is welcome	**SOUND HEALING MEDITATION** **17:15-18:15** Yantra Hall 450++ THB/person, Max. 20 pax Please reserve at Wellness Reception Hosted by Can	**RESTORATIVE YOGA** **17:00-17:45** Yantra Hall All Levels, Max 10 pax Please reserve at Wellness Reception. Hosted by Fon	**PRANAYAMA** **17:00-17:30** Yantra Hall Hosted by Snehal	**EVENING MEDITATION** **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 Thicha	**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 Priyanka

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.