

## HOLISTIC ACTIVITY SCHEDULE 13 - 19 APRIL 2026

MONDAY 13		TUESDAY 14		WEDNESDAY 15		THURSDAY 16		FRIDAY 17		SATURDAY 18		SUNDAY 19	
<b>MANTRA CHANTING</b>		<b>MANTRA CHANTING</b>		<b>THERAPEUTIC YOGA</b>		<b>MANTRA CHANTING</b>	<b>QI GONG</b>	<b>MANTRA CHANTING</b>		<b>CHAKRA MEDITATION</b>		<b>QI GONG</b>	
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 Yoga Pavilion All Levels  Hosted by Jyoti SONGKRAN WATER BLESSING CEREMONY		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 VEDANTIC MEDITATION (The State of Absorption)		07:45 - 08:30 Yantra Hall All Levels  Hosted by Smitha		07:30 - 08:30 Yoga Pavilion All Levels  Hosted by San Bao	
<b>TAI-CHI</b>		<b>QI GONG</b>		<b>09:00-09:45</b>		<b>YIN YOGA</b>	<b>VINYASA YOGA</b>	<b>07:45 - 08:30</b>					
07:45 - 08:30 Yoga Pavilion All Levels  Hosted by Em		07:30 - 08:30 Yoga Pavilion All Levels  Hosted by San Bao		09:00-09:45 Spirit House Pilgrimage  Meet at Reception		08:45 - 09:45 Yoga Pavilion All Levels  Hosted by Snehal	08:45 - 09:45 Yantra Hall Intermediate Level  Hosted by Bee	07:45 - 08:30 Yantra Hall All Levels  Hosted by Adi					
<b>YIN YOGA</b>	<b>VINYASA SLOW FLOW YOGA</b>	<b>ASHTANGA YOGA</b>	<b>HATHA YOGA</b>	<b>10:00 - 10:30</b>		<b>SPIRIT HOUSE PILGRIMAGE</b>		<b>HATHA YOGA</b>	<b>YIN YOGA</b>	<b>VINYASA FLOW YOGA</b>	<b>HATHA YOGA</b>	<b>YIN YOGA</b>	<b>ASHTANGA YOGA</b>
08:45 - 09:45 Yoga Pavilion All Levels  Hosted by Jyoti	08:45 - 09:45 Yantra Hall All Levels  Hosted by Snehal	08:45 - 09:45 Yoga Pavilion Intermediate Level  Hosted by Jyoti	08:45 - 09:45 Yantra Hall All Levels  Hosted by Bee	10:00 - 10:30 Water Blessing Ceremony  Meet at in front of Arjan cave  Hosted by Kamalaya Team		09:45 - 10:30 Meet at Reception  Hosted by Kamalaya team		08:45 - 09:45 Yoga Pavilion All Levels  Hosted by Snehal	08:45 - 09:45 Yantra Hall All Levels  Hosted by Bee	08:45 - 09:45 Yoga Pavilion All Levels  Hosted by Bee	08:45 - 09:45 Yantra Hall Intermediate Level  Hosted by Jyoti	08:45 - 09:45 Yoga Pavilion All Levels  Hosted by Jyoti	08:45 - 09:45 Yantra Hall Intermediate Level  Hosted by Snehal
<b>REFORMER PILATES</b>		<b>REFORMER PILATES</b>		<b>REFORMER PILATES</b>		<b>REFORMER PILATES</b>		<b>SAMUI ISLAND CULTURAL TOUR</b>		<b>REFORMER PILATES</b>		<b>REFORMER PILATES</b>	
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		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 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 Mintra		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	
<b>RECOVERING FROM BURNOUT IN MODERN SOCIETY</b>		<b>KNOW YOUR CHAKRA - FROM ROOT TO HEART</b>		<b>KNOW YOUR CHAKRA - FROM THROAT TO CROWN</b>		<b>MUAY THAI MOVEMENT</b>		<b>REFORMER PILATES</b>		<b>KNOW MORE ABOUT FEET</b>		<b>SHEN, QI, AND JING THE THREE TREASURES IN TCM</b>	
12:00 - 13:00 Gallery  Hosted by KB		12:00 - 13:30 Gallery  Hosted by Adi		12:00 - 13:30 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 Nour		12:00 - 13:00 Gallery  Hosted by Bernie	
<b>COOKING CLASS</b>		<b>TEA SHARING</b>				<b>COOKING CLASS</b>		<b>VEDANTA WORKSHOP</b>		<b>KAMALAYA SUNSET CRUISE</b>		<b>TEA SHARING</b>	
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		VEDANTA WORKSHOP (The Self Unfolding Tool) 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		MEET NEW FRIENDS 15:00 - 17:00 Alchemy Lounge Drop in anytime!  Hosted by San Bao	
<b>HIIT</b>		<b>TRX SUSPENSION TRAINING</b>		<b>SALSA DANCE</b>		<b>MEET NEW FRIENDS</b>		<b>SPINAL MOBILITY</b>		<b>STRETCHING &amp; MOBILITY</b>		<b>AQUA BOXING</b>	
15:45 - 16:30 Yantra Hall Intermediate Level  Hosted by Mook		15:45 - 16:30 Yoga Pavilion All Levels, Max. 10 pax Please reserve at Wellness Reception  Hosted by Due		15:45 - 16:45 Gallery All Levels  Hosted by Valerie		15:00 - 17:00 Alchemy Lounge Drop in anytime!  Hosted by San Bao		15:45 - 16:30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception  Hosted by Kwang		15:45 - 16:30 Yantra Hall All Levels  Hosted by Pitcha		15:45 - 16:30 Lap Pool All Levels  Hosted by Fai	
<b>TRATAKA MEDITATION</b>		<b>AQUA AEROBICS</b>		<b>SONGKRAN DINNER CELEBRATION</b>		<b>GLUTES &amp; ABS</b>		<b>FUNCTIONAL FITNESS</b>					
17:00 - 17:45 Gallery  Hosted by Adi		15:45 - 16:30 Lap Pool All Levels  Hosted by Mook		18:30 - 19:00 Cocktail Reception Yantra Lawn 19:00 - 22:00 Buffet Dinner Yantra Hall  Enjoy a joyful traditional Thai New Year and memorable celebrations filled with moments to cherish at Kamalaya.  Dinner 2,250 ++ THB/person  Please reserve at Reception & Soma restaurant		15:45 - 16:30 Yantra Hall All Levels  Hosted by Mook		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 Jinny	
<b>MOVIE NIGHT</b>		<b>EVENING MEDITATION</b>				<b>QI GONG</b>		<b>HERBAL WALK</b>		<b>YOGA NIDRA (Yogic Sleep)</b>		<b>PRANAYAMA</b>	
20:00 Gallery HAPPY (Documentary)  Exp: Does one of life's most universal questions: what truly makes us happy? Everyone is welcome		17:00 - 17:30 Yantra Hall  Hosted by Priyanka				17:00 - 17:45 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 Jet		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 - 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.