

HOLISTIC ACTIVITY SCHEDULE FEBRUARY 28th -MARCH 6th 2022

MONDAY 28	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5	SUNDAY 6
STRETCHING & MOVEMENT	QI GONG	TAI-CHI	VINYASA FLOW YOGA	QI GONG	CHAKRA MEDITATION	QI GONG
Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Intermediate Level	Where: Yantra Lawn Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yantra Lawn Beginners Welcome
Host: Due 07.45-08.30	Host: San Bao 07.45-08.45	Host: Em 07.45-08.30	Host: Fon 08.45-09.45	Host: San Bao 07.45-08.45	Host: Krishna Raj 07.45-08.30	Host: San Bao 07.45-08.45
THERAPEUTIC YOGA	ASHTANGA YOGA	HATHA YOGA	JOIN KAMALAYA TO ADMIRE SPIRIT HOUSES	HATHA YOGA	THAI BOXING	VINYASA FLOW YOGA
Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Intermediate Level	Where: Yoga Pavilion Beginners Welcome	Where: Meet at Reception	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Intermediate Level
Host: Jyoti 08.45-09.45	Host: Jyoti 09.00-10.00	Host: Fon 08.45-09.45	Host: Kamalaya Team 09.45-10.30	Host: Valerie 08.45-09.45	Host: Chris 08.45-09.45	Host: Alisa 08.45-09.45
REFORMER PILATES PLUS	HAVAN - FIRE CEREMONY	REFORMER PILATES PLUS	REFORMER PILATES PLUS	REFORMER PILATES PLUS	REFORMER PILATES PLUS	REFORMER PILATES PLUS
Where: Padma Fitness	Where: Yantra Hall	Where: Padma Fitness	Where: Padma Fitness	Where: Padma Fitness	Where: Padma Fitness	Where: Padma Fitness
		THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance		THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance		
THB 950++/ person* (Maximum 5 Pax)	Host: Kamalaya Team 09.00-10.00	Host: Jinny 10.30-11.30	THB 950++/ person* (Maximum 5 Pax)	Host: Em 10.30-11.30	THB 950++/ person* (Maximum 5 Pax)	THB 950++/ person* (Maximum 5 Pax)
	REFORMER PILATES PLUS	SHEN, QI AND JING 'THE THREE TREASURE' in TCM		INTRODUCTION TO REIKI		
	Where: Padma Fitness	Where: Gallery		Where: Gallery		
Please book at Wellness Reception in advance	THB 950++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance	Complimentary for all guests	Please book at Wellness Reception in advance	Complimentary for all guests	Please book at Wellness Reception in advance	Please book at Wellness Reception in advance
Host: Em 10.30-11.30	Host: Em 10.30-11.30	Host: Bernie 12.00-13.00	Host: Em 10.30-11.30	Host: Ronan 12.00-13.00	Host: Jinny 10.30-11.30	Host: Jinny 10.30-11.30
COOKING CLASS - Inspiring Healthy Thai Cuisine	TEA SHARING MEET NEW FRIENDS	COOKING CLASS Inspiring Healthy Detox Cuisine	SOUND HEALING MEDITATION	TEA SHARING MEET NEW FRIENDS	INTRODUCTION TO ASTROLOGY & PALMISTRY	TEA SHARING MEET NEW FRIENDS
Where: Soma Restaurant	Where: Alchemy Lounge	Where: Soma Restaurant	Where: Yantra Hall	Where: Alchemy Lounge	Where: Gallery	Where: Alchemy Lounge
THB 2,250++/ person* Maximum 4 pax Please book at Reception 24 hrs in advance	Complimentary for all guests Drop in anytime!	THB 2,250++/ person* Maximum 4 pax Please book at Reception 24 hrs in advance	Complimentary for all guests	Complimentary for all guests Drop in anytime!	Complimentary for all guests	Complimentary for all guests Drop in anytime!
Host: Chef 15.00-17.00	Host: San Bao 15.00-17.00	Host: Chef 14.00-16.00	Host: Svetlana 11.00-12.00	Host: San Bao 15.00-17.00	Host: Omesh Langman 12.00-13.00	Host: San Bao 15.00-17.00
GYROKINESIS	SALSA DANCE	PRANAYAMA	AQUA AEROBIC	GENTLE YOGA	FUNCTIONAL FITNESS	AQUA AEROBIC
Where: Yantra Hall Maximum 12 Pax Please book at Wellness Reception in advance	Where: Yantra Hall Beginners Welcome	Where: Yantra Hall Beginners Welcome	Where: Lap Pool Beginners Welcome	Where: Yantra Hall Beginners Welcome	Where: Yantra Hall Intermediate Level	Where: Lap Pool Beginners Welcome
Host: Mic 16:30 - 17:15	Host: Valerie 16:30 - 17:15	Host: Jyoti 16:30 - 17:15	Host: Jinny 16:30-17:15	Host: Fon 16:30-17:15	(Please wear sport shoes) Host: Adam 16:30 - 17:15	Host: Poom 16:30-17:15

- Please arrive on time for classes. Instructors will cancel a class without participants after 15 minutes

* Price is subject to 10% service charge and 7% VAT

** Please advise cancellation 24 hours in advance

*** In case of rain class will be cancelled * Yantra Lawn Class will move to Yoga Pavilion



- Coaching/Workshops ●
- Meditations/Energy Work ●
- Yoga ●
- Body Work/Physical Exercises ●
- Cultural Activity ●
- Entertainment ●