

HOLISTIC ACTIVITY SCHEDULE 16 - 22 JULY

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22	
<b>Chakra Meditation</b> Where: Padma Fitness Basic Knowledge Required  Host: Smitha <b>When: 07.30-08.30</b>	<b>Qi Gong</b> Where: Yoga Pavilion Beginners Welcome  Host: San Bao <b>When: 07.30-08.30</b>	<b>Pranayama</b> Where: Yoga Pavilion Beginners Welcome  Host: Smitha <b>When: 07.30-08.15</b>	<b>Qi Gong</b> Where: Yoga Pavilion Beginners Welcome  Host: San Bao <b>When: 07.30-08.30</b>	<b>Walking Meditation</b> Where: Yoga Pavilion Beginners Welcome  Host: River <b>When: 07.30-08.30</b>	<b>Pranayama</b> Where: Yoga Pavilion Beginners Welcome  Host: Rajesh <b>When: 07.30-08.15</b>	<b>Morning Power Walk</b> Where: Kamalaya Beach Intermediate Level (Please wear sport shoes)  Host: Caroline <b>When: 07.30-08.30</b>	
<b>Vinyasa Yoga Dynamic Flow</b> Where: Yoga Pavilion Intermediate Level  Host: Dana <b>When: 08.45-09.45</b>	<b>Gentle Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Mew <b>When: 08.45-09.45</b>	<b>Hatha Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Mew <b>When: 08.30-09.45</b>	<b>Gentle Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Dana <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Dynamic Flow</b> Where: Yoga Pavilion Intermediate Level  Host: Dana <b>When: 08.45-09.45</b>	<b>Qi Gong</b> Where: Yantra Hall Beginners Welcome  Host: River <b>When: 08.45-09.45</b>	<b>Hatha Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Dana <b>When: 08.30-09.45</b>	<b>Gentle Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Anouk <b>When: 08.45-09.45</b>
<b>Samui Island Tour **</b> Where: Meet at Reception  Host: Ribbin  THB 800++/person* Maximum 8 pax Minimum 4 pax  <i>Please book at Reception 24 hrs in advance</i> <b>When: 10.00-14.30</b>	<b>Lifestyle Detox</b> Where: Gallery  Host: Marissa (Kamalaya Naturopath)  <b>When: 12.00-13.00</b>	<b>360 Circuit Training</b> Where: Padma Fitness Intermediate Level  Host: Due Maximum 9 pax  <i>Please book at Wellness Reception in advance</i> <b>When: 10.00-11.00</b>	<b>Join Kamalaya Team to Admire Spirit Houses</b> Where: Meet at Reception  Host: Kamalaya Team <b>When: 09.45-10.30</b>  <b>Cholesterol: The Good, the Bad and the Ugly</b> Where: Gallery  Host: Francois (Kamalaya Naturopath)  <b>When: 12.00-13.00</b>	<b>Mindfulness in Everyday Life Talk</b> Where: Gallery  Host: Smitha (Kamalaya Meditation Practitioner)  <b>When: 10.30-11.30</b>	<b>360 Circuit Training</b> Where: Padma Fitness Intermediate Level  Host: Rit Maximum 9 pax  <i>Please book at Wellness Reception in advance</i> <b>When: 10.00-11.00</b>	<b>Yoga and Healing Workshop</b> Where: Gallery  Host: Anouk (Kamalaya Mentor & Yoga Teacher)  <b>When: 10.30-12.00</b>	
<b>Cooking Class Inspiring Healthy Thai Cuisine</b> Where: Soma Restaurant  Host: Chef  THB 2,250++/ person* Maximum 4 pax  <i>Please book at Reception 24 hrs in advance</i> <b>When: 14.00-16.00</b>	<b>Tea Sharing Meet New Friends</b> Where: Alchemy Lounge  Host: San Bao  <i>Complimentary for Kamalaya Guests Drop in anytime!</i> <b>When: 15.00-17.00</b>	<b>Cooking Class Inspiring Healthy Detox Cuisine with Discussions on Nutrition</b> Where: Soma Restaurant  Host: Chef  THB 2,250++/ person* Maximum 4 pax  <i>Please book at Reception 24 hrs in advance</i> <b>When: 14.00-16.30</b>	<b>Boat Trip Kamalaya Sunset Cruise</b> Where: Meet at Reception  Host: Kamalaya Team  THB 3,750++/ person*  <i>Please book at Reception 24 hrs in advance</i> <b>When: 13.00-19.00</b>	<b>Tea Sharing Meet New Friends</b> Where: Alchemy Lounge  Host: San Bao  <i>Complimentary for Kamalaya Guests Drop in anytime!</i> <b>When: 15.00-17.00</b>	<b>Thai Temples Tour **</b> Where: Meet at Reception  Host: Ribbin  THB 1,000++/person  <i>Please book at Reception 24 hrs in advance</i> <b>When: 14.00-17.00</b>	<b>Tea Sharing Meet New Friends</b> Where: Alchemy Lounge  Host: San Bao  <i>Complimentary for Kamalaya Guests Drop in anytime!</i> <b>When: 15.00-17.00</b>	
<b>Pilates</b> Where: Padma Fitness Beginners Welcome  Maximum 13 pax  Host: Weena  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>	<b>Restorative Yoga</b> Where: Yoga Pavilion Beginners Welcome  Maximum 10 pax  Host: Anouk  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>	<b>Stretching</b> Where: Yoga Pavilion Beginners Welcome  Maximum 9 pax  Host: Rit  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>	<b>Gyrokinesis Movement</b> Where: Padma Fitness Beginners Welcome  Maximum 9 pax  Host: Mic  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>	<b>Stretching</b> Where: Yoga Pavilion Beginners Welcome  Maximum 10 pax  Host: Rit  <b>When: 16.00-17.00</b>	<b>Fitball</b> Where: Padma Fitness Intermediate Level (Please wear sport shoes) Maximum 10 pax  Host: Jasmin  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>	<b>Pilates</b> Where: Padma Fitness Beginners Welcome  Maximum 13 pax  Host: Weena  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>	
<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome  Host: Anouk <b>When: 17.30-18.00</b>	<b>Meditation for Deep Relaxation</b> Where: Yantra Hall Beginners Welcome  Host: Rajesh <b>When: 17.15-18.00</b>	<b>Loving Kindness Meditation</b> Where: Yantra Hall Basic Knowledge Required  Host: Sujay <b>When: 17.30-18.00</b>	<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome  Host: River <b>When: 17.30-18.00</b>	<b>Aqua Aerobics ****</b> Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimsuit)  Host: Benz <b>When: 17.15-18.00</b>	<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome  Host: Smitha <b>When: 17.30-18.00</b>	<b>Aqua Aerobics ****</b> Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimsuit)  Host: Due <b>When: 17.15-18.00</b>	<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome  Host: River <b>When: 17.30-18.00</b>
<b>Bach Flower Remedies with Energy and Spiritual Healing Introduction</b> Where: Gallery  Host: Miho Sakamoto  <b>When: 18.30-19.15</b>	<b>Introduction to Family Constellations and Shamanic Healing</b> Where: Gallery  Host: Verele Vorstman  <b>When: 18.30-19.15</b>	<b>Thai Market Night</b> Where: In Front of Kamala Boutique & Gallery  <b>When: 18.30-20.30</b>	<b>Reki Introduction</b> Where: Gallery  Host: Ronan Cullen  <b>When: 18.30-19.15</b>	<b>Movie Night: Sherpa</b> Where: Library  Movie: Sherpa (2015) Genre: Documentary  <b>When: 20.00-22.00</b>	<b>Movie Night: Food Choices</b> Where: Library  Movie: Food Choices (2016) Genre: Documentary  <b>When: 20.00-21.30</b>	<b>Craniosacral Balancing &amp; Vibrational Healing Massage Therapy Introduction</b> Where: Gallery  Host: Carol Kandell  <b>When: 18.30-19.15</b>	

- 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

■ Yoga  
■ Body Work, Physical Exercises  
■ Healing/Meditations and Energy Work  
■ Coaching/Workshops/Mind Therapies  
■ Cultural Activity  
■ Entertainment

"Follow your heart...  
 awaken your mind & spirit...  
 fulfill your destiny."  
 -Karin Stewart

