

HOLISTIC ACTIVITY SCHEDULE 27 FEBRUARY - 5 MARCH 2023

	MONDAY 27	TUESDAY 28	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5						
EARLY MORNING	PRANAYAMA Where: Yoga Pavilion All Levels Host : Snehal 07.45-08.30	QI GONG Where: Yoga Pavilion All Levels Host: San Bao 07.30-08.30	MORNING MEDITATION Where: Yoga Pavilion All Levels Host: Srinivas 07.45-08.30	MORNING POWER WALK Where: Beach All Levels Host : Nut 07.45-08.30	QI GONG Where: Yoga Pavilion All Levels Host: San Bao 07.30-08.30	CHAKRA MEDITATION Where: Yoga Pavilion All Levels Host: Krishnaraj 07.45-08.30	QI GONG Where: Yoga Pavilion All Levels Host: San Bao 07.30-08.30						
	POWER YOGA Where: Yantra hall Intermediate Level Host: Fon 08.45-09.45	STRETCHING & MOVEMENT Where: Yoga Pavilion All Levels Host: Fon 08.45-09.45	VINYASA FLOW YOGA Where: Yantra hall Intermediate Level Host: Valerie 08.45-09.45	THERAPEUTIC YOGA Where: Yoga Pavilion All Levels Host: Jyoti 08.45-09.45	ASHTANGA YOGA Where: Yantra hall Intermediate Level Host: Fon 08.45-09.45	HATHA YOGA Where: Yoga Pavilion All Levels Host: Fon 08.45-09.45	POWER YOGA Where: Yantra hall Intermediate Level Host: Snehal 08.45-09.45	VINYASA FLOW YOGA Where: Yoga Pavilion Intermediate Level Host: Fon 08.45-09.45	PILATES MAT Where: Yantra hall All Levels Host: Jinny 08.45-09.45	HATHA YOGA Where: Yoga Pavilion All Levels Host: Jyoti 08.45-09.45	MUAY THAI MOVEMENT Where: Gallery All Levels Host: Chris 08.45-09.45	THERAPEUTIC YOGA Where: Yoga Pavilion All Levels Host: Snehal 08.45-09.45	ASHTANGA YOGA Where: Yantra hall Intermediate Level Host: Jyoti 08.45-09.45
	REFORMER PILATES PLUS Where: Padma Fitness THB 1,200++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30	SAMUI ISLAND TOUR** Where: Meet at Reception THB 800++/person* (Max 8 pax) Please book at Reception 24 hrs in advance Host: May 10.00-14.30	REFORMER PILATES PLUS Where: Padma Fitness THB 1,200++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Pae 10.30-11.30	REFORMER PILATES PLUS Where: Meet at Reception THB 1,200++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Pae 10.30-11.30	SPIRIT HOUSE PILGRIMAGE Where: Meet at Reception Host: Kamalaya Team 09.45-10.30	REFORMER PILATES PLUS Where: Padma Fitness THB 1,200++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30	REFORMER PILATES PLUS Where: Padma Fitness THB 1,200++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30	REFORMER PILATES PLUS Where: Padma Fitness THB 1,200++/ person* (Maximum 5 Pax) Please book at Wellness Reception in advance Host: Jinny 10.30-11.30					
COOKING CLASS HEALTHY THAI CUISINE Where: Soma Restaurant THB 2,250++/ person* (Max 4) Please book at Reception 24 hrs in advance Host: Chef 12.00-14.00	TEA SHARING MEET NEW FRIENDS Where: Alchemy Lounge Complimentary for all guests Drop in anytime!	COOKING CLASS HEALTHY DETOX CUISINE Where: Soma Restaurant THB 2,250++/ person* Maximum 4 pax Please book at Reception 24 hrs in advance	INTRODUCTION TO ANCIENT AYURVEDIC BLISS Where: Gallery Complimentary for all guests Host: Suraj 12.00-13.00	EMBRACING ONESELF WORKSHOP Where: Gallery Complimentary for all guests Host: Srinivas 12.00-13.00	BUILDING A RESILIENT MIND WORKSHOP Where: Gallery Complimentary for all guests Host: Krishnaraj 12.00-13.00	CHAPTERS IN OUR BOOK OF LIFE - A CHINESE MEDICINE PERSPECTIVE Where: Gallery Complimentary for all guests Host: Bernie 12.00-13.00							
INTRODUCTION TO ASTROLOGY & PALMISTRY Where: Gallery Complimentary for all guests Host: Omesh Langman 12.00-13.00	THAI TEMPLES TOUR** Where: Meet at Reception THB 1,000++/person* Please book at Reception 24 hrs in advance	TEA SHARING MEET NEW FRIENDS Where: Alchemy Lounge Complimentary for all guests Drop in anytime!	THAI TEMPLES TOUR** Where: Meet at Reception THB 1,000++/person* Please book at Reception 24 hrs in advance	TEA SHARING MEET NEW FRIENDS Where: Alchemy Lounge Complimentary for all guests Drop in anytime! Host: San Bao 15.00-17.00	KAMALAYA SUNSET CRUISE Where: Meet at Reception THB 3,750++/ person* Please book at Reception 24 hrs in advance	TEA SHARING MEET NEW FRIENDS Where: Alchemy Lounge Complimentary for all guests Drop in anytime!							
PILATES MAT Where: Yantra hall All Levels Host:Poom 15:00 - 15:45	AQUA AEROBICS Where: Lap Pool All Levels Host: Nut 16:30-17:15	NATURAL FLOW MOVEMENT Where: Yoga Pavilion All Levels (Maximum 12 Pax) Please book at Wellness Reception in advance	SPINAL MOBILITY Where: Yoga Pavilion All Levels (Maximum 12 Pax) Please book at Wellness Reception in advance	AQUA BOXING Where: Lap Pool All Levels Host: Pae 16:30-17:15	FUNCTIONAL CIRCUIT TRAINING Where: Padma 2 Intermediate Level (Max 10 Pax) Please book at Wellness Reception in advance Host: Adam 16:30-17:15	STRETCHING & MOVEMENT Where: Yantra hall All Levels Host: Nut 16:30-17:15							
SALSA DANCE Where: Gallery All Levels Host: Valerie 16:30-17:30	PRANAYAMA Where: Yantra hall All Levels Host: Jyoti 17.30-18.00	EVENING MEDITATION Where: Yantra hall All Levels Host: Jared 16:30-17:15	MOVIE NIGHT Where: Gallery VARA A BLESSING (Drama film) Host: Kwang 16:30-17:15	MOVIE NIGHT Where: Gallery VARA A BLESSING (Drama film) 20.00	EVENING MEDITATION Where: Yantra hall All Levels Host: Srinivas 17.30-18.00	PRANAYAMA Where: Yantra hall All Levels Host: Krishnaraj 17.30-18.00							
SOUND HEALING MEDITATION Where: Yantra hall All Levels Host: Svetlana 17.45-18.45	THAI MARKET NIGHT AT KAMALAYA Where: Kamala Boutique "In house" night market 18.30-20.30	EVENING MEDITATION Where: Yantra hall All Levels Host: Sujay 17.30-18.00	MOVIE NIGHT Where: Gallery VARA A BLESSING (Drama film) Host: Kwang 16:30-17:15	MOVIE NIGHT Where: Gallery VARA A BLESSING (Drama film) 20.00	EVENING MEDITATION Where: Yantra hall All Levels Host: Srinivas 17.30-18.00	PRANAYAMA Where: Yantra hall All Levels Host: Krishnaraj 17.30-18.00							

* 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
 - Shakli fitness opening hours : 7.00 am. - 8.00 pm.



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