



# SAMAHITA RETREAT

# YOGACORECYCLE® WEEKLY SCHEDULE

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<i>Savor the early morning quiet with us everyday until 10:00am</i>													
7:00 - 7:25am Silent-Sunrise-Cycle		7:00 - 7:25am Silent-Sunrise-Cycle				7:00 - 7:25am Silent-Sunrise-Cycle				7:00 - 7:25am Silent-Sunrise-Cycle			
7:30 - 8:30am Centered Yoga: Meditation & Breath		7:30 - 8:30am Centered Yoga: Meditation & Breath		7:30 - 8:30am Centered Yoga: Meditation & Breath		7:30 - 8:30am Centered Yoga: Meditation & Breath		7:30 - 8:30am Centered Yoga: Meditation & Breath		7:30 - 8:30am Centered Yoga: Meditation & Breath		7:30 - 8:30am Centered Yoga: Meditation & Breath	
8:30 - 10:00am Teacher Assisted Self Practice	8:30 - 10:00am Dynamic Linear Vinyasa	8:30 - 10:00am Teacher Assisted Self Practice	8:30 - 10:00am Dynamic Core Vinyasa	8:30 - 10:00am Teacher Assisted Self Practice	8:30 - 10:00am Dynamic Core Vinyasa	8:30 - 10:00am Teacher Assisted Self Practice	8:30 - 10:00am Dynamic Core Vinyasa	8:30 - 10:00am Teacher Assisted Self Practice	8:30 - 10:00am Dynamic Core Vinyasa	8:30 - 10:00am Teacher Assisted Self Practice	8:30 - 10:00am Dynamic Core Vinyasa	8:30 - 10:00am Dynamic Centered Yoga: Form & Function	
9:30am - 1:00pm <b>Brunch Buffet</b> (6:45am Coffee/Herbal Tea, 8:00am Lite Breakfast, 9:45 am Hot Breakfast, 11:00 am Lunch & "Healthy Lite" Foods)													
Relaxation Time		Relaxation Time		1:00 - 3:00pm Temple Walk		1:00 - 4:00pm Snorkeling Boat Trip		Relaxation Time		Relaxation Time		Relaxation Time	
3:00 - 3:30pm Fruit & Juice Snack		3:00 - 3:30pm Fruit & Juice Snack		3:00 - 3:30pm Fruit & Juice Snack		3:00 - 3:30pm Fruit & Juice Snack		3:00 - 3:30pm Fruit & Juice Snack		3:00 - 3:30pm Fruit & Juice Snack		3:00 - 3:30pm Fruit & Juice Snack	
4:00 - 4:30pm Core		4:00 - 4:30pm Core		4:00 - 4:30pm Core		4:15 - 4:55pm <i>Super</i> Sama-Fun-Cycle		4:00 - 4:30pm Core		4:00 - 4:30pm Core		4:00 - 4:30pm Core	
4:30 - 5:00pm Sama-Fun-Cycle		4:30 - 5:00pm Sama-Fun-Cycle		4:30 - 5:00pm Sama-Fun-Cycle				4:30 - 5:00pm Sama-Fun-Cycle		4:30 - 5:00pm Sama-Fun-Cycle		4:30 - 5:00pm Sama-Fun-Cycle	
5:00 - 6:00pm Restorative Centered Yoga: Body, Breath, & Mind		5:00 - 6:00pm Restorative Centered Yoga: Body, Breath, & Mind		5:00 - 6:00pm Restorative Centered Yoga: Body, Breath, & Mind		5:00 - 6:00pm Restorative Centered Yoga: Body, Breath, & Mind		5:00 - 6:00pm Restorative Centered Yoga: Body, Breath, & Mind		5:00 - 6:00pm Restorative Centered Yoga: Body, Breath, & Mind		5:00 - 6:00pm Restorative Centered Yoga: Body, Breath, & Mind	
6:00 - 8:00pm Dinner Buffet (Herbal Steam Room Available)		6:00 - 8:00pm Dinner Buffet (Herbal Steam Room Available)		6:00 - 8:00pm Dinner Buffet (Herbal Steam Room Available)		6:00 - 8:00pm Dinner Buffet (Herbal Steam Room Available)		6:00 - 8:00pm Dinner Buffet (Herbal Steam Room Available)		6:30 - 9:00pm Bophut Walking Street		6:00 - 8:00pm Dinner Buffet (Herbal Steam Room Available)	
7:30-8:00pm Approaches to Meditation		7:30-8:00pm Approaches to Meditation		7:30-8:00pm Approaches to Meditation		7:30-8:00pm Approaches to Meditation		7:30-8:00pm Approaches to Meditation		7:30-8:00pm Approaches to Meditation		7:30-8:00pm Approaches to Meditation	
9:00pm Facilities Close		9:00pm Facilities Close		9:00pm Facilities Close		9:00pm Facilities Close		9:00pm Facilities Close		9:00pm Facilities Close		9:00pm Facilities Close	

Front Desk: 7:00am - 9:00pm

Wellness Reception: 10:00am - 9:00pm

Eco-life Shop: 7:00am - 9:00pm

Juice Bar and à la Carte: 9:30am - 8:00pm