

HOLISTIC ACTIVITY SCHEDULE 8 - 14 March 2010

Time / Date	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12	SATURDAY 13	SUNDAY 14
07.30-08.30	Tai Chi Kamalaya Beach Em	Pranayama Yoga Pavilion Lieve (07.00-7.45) Yoga Flow Basic Principle of Alignment	Pilates Yoga Pavilion Sanny	Morning Power Walk Kamalaya Beach Klack	Tai Chi Yoga Pavilion Sanny	Pranayama Yoga Pavilion Lieve (07.00-7.45) Yoga Flow Intermediate Level	Morning Power Walk Kamalaya Beach Em
08.30-09.30	Yin Yoga Yoga Pavilion Ann	Yoga Pavilion Lieve (08.00-09.30)	Tai Chi Qi Gong Kamalaya Beach Doctor Song	Stretching Yoga Pavilion Klack	Pilates Yoga Pavilion Sanny	Yoga Pavilion Lieve (08.00-09.30)	Ashtanga Yoga Yoga Pavilion Ann
10.00-16.00	Floral Arrangement Traditional Thai Meet at Lobby Pat Please book at Reception by 10 am (14.00-15.00)	Tea Sharing Meet new friends Alchemy Lounge San Bao Drop in anytime (15.00-17.00) Healing Art at Gallery The Gallery open (15.00-16.00)	Thai Temples Tour and Teachings Meet at Lobby Dr. Pipadh THB 1,000++/person (14.00-17:00) <i>Please book at Reception 24 hrs in advance</i>	Thai Language & Culture Playshop Meet at Lobby Gon Please book at Reception by 10 am (14.00-15.00) Healing Art at Gallery The Gallery open (15.00-16.00)	Tea Sharing Meet new friends Alchemy Lounge San Bao Drop in anytime (15.00-17.00)	Healing Art at Gallery Kamalaya Gallery Presents "Healing Art for a Healing Island" The Gallery opening hours (15.00-16.00)	Fruit & Vegetable Carving Class Amrita Café Oy THB 1,000++/person (14.00-16.00) <i>Please book at Reception 24 hrs in advance</i>
16.00-17.00	Core & Abdominal Work Yoga Pavilion (please wear sport shoes) Boy	Pilates Yoga Pavilion Boy	Vinyasa Yoga Intermediate Level Yoga Pavilion Ann	Tai Chi Yoga Pavilion Sanny	Yoga Yoga Pavilion Rocio (16.00-17.30)	Fitball Yoga Pavilion (please wear sport shoes) Boy	Core & Abdominal Work Yoga Pavilion (please wear sport shoes) Sanny
17.00-18.00	Stretching Yoga Pavilion Klack	Stretching Yoga Pavilion Boy	Beach Boot Camp Kamalaya Beach Boy	Pilates Yoga Pavilion Sanny	Pranayama (17.30-18.00) Rocio	Stretching Yoga Pavilion Sanny	Tai Chi Qi Gong Kamalaya Beach Doctor Song
18.00-19.00	Qi Gong & Chinese Medicine Introduction Alchemy Lounge Dr Song (18.00 - 19.00)	Hypnotherapy Introduction Alchemy Lounge Mark Beale (18.30 - 19.15)		The healing power of sound Workshop Yantra Hall Winnie Rode (18.00 - 19.30)	Qi Gong & Chinese Medicine Introduction Alchemy Lounge Dr Song (18.00 - 19.00)	Releasing Therapy Introduction Alchemy Lounge Wayne Walker (18.30 - 19.15)	Shiatsu Introduction International Practitioner Alchemy Lounge Yutaka San (18.30 - 19.15)
20.00-22.00	Film "Whale Rider" Library (Adventure story)	Film "Food Matters" Library (Nutritional Documentary)	Film "The Story of the Weeping Camel" Library (Uplifting Drama)	Film "Flowers of Shanghai" Library (Arthouse film)	Kamalaya Floating Lanterns Kamalaya Beach Make a wish 21.00 hrs	Film "Cinema Paradiso" Library (Arthouse film)	Film "The Bucket List" Library (Uplifting Drama)

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

** Please advise cancellation 24 hours in advance