

HOLISTIC ACTIVITIES SCHEDULE 24

Time / Date	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29
07.00-08.00	Tai Chi Yoga Pavilion K. Sanya	Mind & Body Conditioning Yoga Pavilion K. Chack	Tai Chi Yoga Pavilion K. Sanya	Mind & Body Conditioning Yoga Pavilion K. Chack		
08.00-09.00	Yoga Yoga Pavilion K. Sanya	Yoga Yoga Pavilion K. Jang	Pilates Mat Yoga Pavilion K. Sanya	Fit Ball (please wear sport shoes) Yoga Pavilion K. Chack	Yoga Yoga Pavilion K. Sanya	Yoga Yoga Pavilion K. Jang
09.00-10.00	Lower Spinal Rotation Yoga Pavilion Henry Gong	Lower Spinal Rotation Yoga Pavilion Henry Gong	Lower Spinal Rotation Yoga Pavilion Henry Gong	Lower Spinal Rotation Yoga Pavilion Henry Gong	Stretching Yoga Pavilion K. Rod	Fit Ball (please wear sport shoes) Yoga Pavilion K. Sanya
14.00-15.00		Tea Sharing & Meeting New Friends Amrita Natacha Song	Thai Temples and Teachings meet at lobby Dr. Pipadh (14.00 - 17.00) THB 1,000++/person		Tea Sharing & Meeting New Friends Amrita Natacha Song	
15.00-16.00		Please join Natacha and friend			Please join Natacha and friend	
16.00-17.00	Circuit Training (please wear sport shoes) Yoga Pavilion K. Rod	Core & Abdominal Workout (please wear sport shoes) Yoga Pavilion K. Rod	Vinyasa Yoga (Intermediate) Yoga Pavilion K. Chack (16.00 - 17.30)	Pilates Mat Yoga Pavilion K. Sanya	Core & Abdominal Workout (please wear sport shoes) Yoga Pavilion K. Jang	Pilates Mat Yoga Pavilion K. Chack
17.00-18.00	Spirit Dance Yoga Pavilion K. Rod	Stretching Yoga Pavilion K. Rod	Anapanasati Meditation Yoga Pavilion K. Chack	Spirit Dance Yoga Pavilion K. Sanya		Tai Chi Yoga Pavilion K. Rod
18.00-19.00	Releasing Introduction Gallery Wayne Walker (18.30 - 19.15)			New Moon Concert Singing Bowls Yantra Hall	Detox Introduction Gallery Joanne Riley (18.30 - 19.15)	Spiritual Teachings Winnie Rode Yantra
20.00-22.00	Film Sahara Library (Documentary)	Film Amelie Library (Arthouse film)	Film Whale Rider Library (Adventure story)	Film Winged Migration Library (Documentary)	Floating Lanterns Kamalaya Beach 21.00 hrs.	Film Then She Found Me 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. Please note a cancellation fee will be charged.
- Thank you for your understanding.



BODY WORK
BODY & MIND



1-30 November 2008

SUNDAY 30

Beach Walk

Kamalaya Beach

K. Rod

Yoga

Yoga Pavilion

K. Jang

Circuit Training

(please wear sport shoes)

Yoga Pavilion

K. Sanya

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**SomTam
Making**

Amrita Café

K. Oy

THB 500+ +/person

Vinyasa Yoga

(Intermediate)

Yoga Pavilion

K. Chack

(16.00 - 17.30)

Anapanasati Meditation

Yoga Pavilion

K. Chack

Film

An Inconvenient Truth

Library

(Documentary)

MIND & SPIRIT

CULTURAL