

HOLISTIC ACTIVITY SCHEDULE 21 - 27 JANUARY

MONDAY 21		TUESDAY 22		WEDNESDAY 23		THURSDAY 24		FRIDAY 25		SATURDAY 26		SUNDAY 27	
Pranayama Where: Yoga Pavilion Beginners Welcome Host: Sujay When: 07.30-08.15		Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao When: 07.30-08.30		Chakra Meditation Where: Gallery Basic Knowledge Required Host: Smitha When: 07.30-08.30		Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao When: 07.30-08.30		Pranayama Where: Yoga Pavilion Beginners Welcome Host: Rajesh When: 07.30-08.15		Meditation Where: Yoga Pavilion Beginners Welcome Host: River When: 07.30-08.30		Vinyasa Yoga Slow Flow Where: Yoga Pavilion Beginners Welcome Host: Dana When: 08.45-09.45	Vinyasa Yoga Ashtanga Inspired Where: Yantra Hall Intermediate Level Host: Susu When: 08.45-09.45
Vinyasa Yoga Dynamic Flow Where: Yoga Pavilion Intermediate Level Host: Mew When: 08.30-09.45	Full Moon Yogi Ritual Where: Yantra Hall Beginners Welcome Maximum 15 pax Host: Dana When: 08.30-10.00	Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Jenni When: 08.45-09.45	Vinyasa Yoga Dynamic Flow Where: Yantra Hall Intermediate Level Host: Rainy When: 08.45-09.45	Vinyasa Yoga Slow Flow Where: Yoga Pavilion Beginners Welcome Host: Dana When: 08.30-09.45	Vinyasa Yoga Ashtanga Inspired Where: Yantra Hall Intermediate Level Host: Susu When: 08.30-09.45	Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 08.45-09.45	Sivananda Inspired Yoga Where: Yantra Hall Intermediate Level Host: Dana When: 08.45-09.45	Vinyasa Yoga Slow Flow Where: Yoga Pavilion Beginners Welcome Host: Mew When: 08.30-09.45	Vinyasa Yoga Dynamic Flow Where: Yantra Hall Intermediate Level Host: Dana When: 08.30-09.45	Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Dana When: 08.45-09.45	Qi Gong Where: Yantra Hall Beginners Welcome Host: San Bao When: 08.45-09.45	Host: Dana When: 08.45-09.45	Host: Susu When: 08.45-09.45
The Art of Letting Go Where: Gallery Host: River (Kamalaya Meditation Practitioner) When: 10.30-11.30		HIIT and Core Where: Yoga Pavilion Advanced Level Maximum 14 pax Host: Due <i>Please book at Wellness Reception in advance</i> When: 10.30-11.30		Awakening Emotional Intelligence Workshop Where: Gallery Host: Sujay (Kamalaya Meditation Practitioner) When: 10.30-12.30		Join Kamalaya Team to Admire Spirit Houses Where: Meet at Reception Host: Kamalaya Team When: 09.45-10.30		Salsa Dancing Where: Yantra Hall Beginners Welcome Host: Valerie When: 10.30-11.30		Samui Island Tour ** 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> When: 10.00-14.30		STS Suspension Training Where: Yoga Pavilion Advanced Level Maximum 14 pax Host: Due <i>Please book at Wellness Reception in advance</i> When: 10.30-11.30	
Cooking Class Inspiring Healthy Thai Cuisine Where: Soma Restaurant Host: Chef THB 2,250++/ person* Maximum 4 pax <i>Please book at Reception 24 hrs in advance</i> When: 14.00-16.00		Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao <i>Complimentary for Kamalaya Guests Drop in anytime!</i> When: 15.00-17.00		Cooking Class Inspiring Healthy Detox Cuisine Where: Soma Restaurant Host: Chef THB 2,250++/ person* Maximum 4 pax <i>Please book at Reception 24 hrs in advance</i> When: 14.00-16.30		Boat Trip Kamalaya Sunset Cruise Where: Meet at Reception Host: Kamalaya Team THB 2,550++/ person* <i>Please book at Reception 24 hrs in advance</i> When: 15.30-19.00		Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao <i>Complimentary for Kamalaya Guests Drop in anytime!</i> When: 15.00-17.00		The Mind-Gut Connection Where: Gallery Host: Emily (Kamalaya Naturopath) When: 12.00-13.00		Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao <i>Complimentary for Kamalaya Guests Drop in anytime!</i> When: 15.00-17.00	
Reformer Pilates Plus Where: Padma Fitness Advanced Level Maximum 7 pax Host: Jasmin <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00		Pilates Basics Where: Yantra Hall Beginners Welcome Maximum 16 pax Host: Benz <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00		Qi Movement Where: Yantra Hall Beginners Welcome Maximum 16 pax Host: Susu <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00		Gyrokinesis Movement Where: Yantra Hall Beginners Welcome Maximum 8 pax Host: Mic <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00		Pilates with Props Where: Yantra Hall Intermediate Level Maximum 16 pax Host: Mew <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00		Stretching Where: Yoga Pavilion Beginners Welcome Host: Caroline When: 16.00-17.00		Pilates Basics Where: Yantra Hall Beginners Welcome Maximum 16 pax Host: Mew <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00	
Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimsuit) Host: Rit When: 17.15-18.00		Meditation for Deep Relaxation Where: Yantra Hall Beginners Welcome Host: Smitha When: 17.15-18.00		Deepening Focus Meditation Where: Yantra Hall Basic Knowledge Required Host: Rajesh When: 17.30-18.00		Evening Meditation Where: Yantra Hall Beginners Welcome Host: River When: 17.30-18.00		Evening Meditation Where: Yantra Hall Beginners Welcome Host: River When: 17.30-18.00		Kamalaya Conversations: "Reversing Climate Change within a Generation - The Pivotal Role of Algae" Where: Yantra Hall <i>Complimentary for Kamalaya Guests</i> Host: Mark Huntley When: 17.00-18.30		Qi Gong Where: Yantra Hall Lawn Area Beginners Welcome Host: Dr. Song When: 17.15-18.15	
Craniosacral Balancing and Vibrational Healing Massage Therapy Introduction Where: Gallery Host: Carol Kandell When: 18.30-19.15		Movie Night: Sicko Where: Gallery Genre: Documentary When: 20.00-22.00		Thai Market Night Where: In Front of Kamala Boutique & Gallery When: 18.30-20.30		Rolfing Introduction Where: Gallery Host: Anna Collins When: 18.30-19.15		Bach Flower Remedies with Energy and Spiritual Healing Introduction Where: Gallery Host: Miho Sakamoto When: 18.30-19.15		Movie Night: Vara: A Blessing Where: Gallery Genre: Drama When: 20.00-21.30		Reiki Introduction Where: Gallery Host: Ronan Cullen When: 18.30-19.15	

- 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."
 -Karina Stewart

