

HOLISTIC ACTIVITY SCHEDULE 20 - 26 MAY

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
Pranayama Where: Yoga Pavilion Beginners Welcome Host: Sujay When: 07.30-08.15	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: Dr. Kanita When: 07.30-08.30	Pranayama Where: Yoga Pavilion Beginners Welcome Host: Sujay When: 07.30-08.15	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: Dr. Kanita When: 07.30-08.30	Walking Meditation Where: Yoga Pavilion Beginners Welcome Host: Smitha When: 07.30-08.30	Pranayama Where: Yoga Pavilion Beginners Welcome Host: Smitha When: 07.30-08.15	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: Dr. Kanita When: 07.30-08.30
Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 08.30-09.45	Vinyasa Yoga Dynamic Flow Where: Yoga Pavilion Intermediate Level Host: Rainy When: 08.45-09.45	Vinyasa Yoga Slow Flow Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 08.30-09.45	Vinyasa Yoga Dynamic Flow Where: Yoga Pavilion Intermediate Level Host: Dana When: 08.45-09.45	Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Dana When: 08.45-09.45	Sivananda Inspired Yoga Where: Yoga Pavilion Intermediate Level Host: Dana When: 08.30-09.45	Vinyasa Yoga Ashtanga Inspired Where: Yoga Pavilion Intermediate Level Host: Mew When: 08.45-09.45
Mindfulness in Everyday Life Talk Where: Gallery Host: Sujay When: 10.30-11.30	Thai Temples Tour ** Where: Meet at Reception Host: Ribbin THB 1,000++/person* <i>Please book at Reception 24 hrs in advance</i> When: 10.00-13.00	HIIT and Core Where: Yoga Pavilion Intermediate Level Maximum 14 pax Host: Mikey <i>Please book at Wellness Reception in advance</i> When: 10.30-11.30	Join Kamalaya Team to Admire Spirit Houses Where: Meet at Reception Host: Kamalaya Team When: 09.45-10.30	Samui Island Tour ** Where: Meet at Reception Maximum 8 pax Minimum 4 pax Host: Ribbin THB 800++/person* <i>Please book at Reception 24 hrs in advance</i> When: 10.00-14.30	Understanding and Self-Care with Reflexologies Where: Gallery Host: Caetana When: 12.00-13.00	STS Suspension Training Where: Yoga Pavilion Intermediate Level Maximum 14 pax <i>Please book at Wellness Reception in advance</i> Host: Due When: 10.30-11.30
Cooking Class Inspiring Healthy Thai Cuisine Where: Soma Restaurant THB 2,250++/ person* Maximum 4 pax <i>Please book at Reception 24 hrs in advance</i> Host: Chef When: 14.00-16.00	Reformer Pilates Plus Where: Padma Fitness Intermediate Level THB 1,250++/ person* Maximum 5 pax <i>Please book at Wellness Reception in advance</i> Host: Benz When: 14.30-15.30	Cooking Class Inspiring Healthy Detox Cuisine Where: Soma Restaurant THB 2,250++/ person* Maximum 4 pax <i>Please book at Reception 24 hrs in advance</i> Host: Chef When: 14.00-16.30	Creating Positive Habits Workshop Where: Gallery Host: Smitha When: 10.30-12.30	Salsa Dancing Where: Yantra Hall Beginners Welcome Host: Valerie When: 10.30-11.30	Boat Trip Kamalaya Sunset Cruise Where: Meet at Reception THB 3,000++/ person* <i>Please book at Reception 24 hrs in advance</i> Host: Kamalaya Team When: 15.30-19.00	Reformer Pilates Plus Where: Padma Fitness Intermediate Level THB 1,250++/ person* Maximum 5 pax <i>Please book at Wellness Reception in advance</i> Host: Benz When: 14.30-15.30
Pilates Basics Where: Yantra Hall Beginners Welcome Maximum 16 pax <i>Please book at Wellness Reception in advance</i> Host: Benz When: 16.00-17.00	Stretching Where: Yoga Pavilion Beginners Welcome Host: Poom When: 16.00-17.00	Fitball Where: Yantra Hall Intermediate Level Maximum 8 pax <i>Please book at Wellness Reception in advance</i> Host: Due When: 16.00-17.00	Gyrokinesis Movement Where: Yantra Hall Beginners Welcome Maximum 8 pax <i>Please book at Wellness Reception in advance</i> Host: Mona When: 16.00-17.00	Yin Yoga Where: Yoga Pavilion Beginners Welcome Host: Mew When: 16.00-17.00	Pilates Intermediate Where: Yantra Hall Intermediate Level Maximum 16 pax <i>Please book at Wellness Reception in advance</i> Host: Mew When: 16.00-17.00	Stretching Where: Yoga Pavilion Beginners Welcome Host: Caroline When: 16.00-17.00
Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome Host: Rit When: 17.15-18.00	Meditation for Deep Relaxation Where: Yantra Hall Beginners Welcome Host: Sujay When: 17.15-18.00	Deepening Focus Meditation Where: Yantra Hall Basic Knowledge Required Host: Smitha When: 17.30-18.00	Evening Meditation Where: Yantra Hall Beginners Welcome Host: Smitha When: 17.30-18.00	Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome Host: Mikey When: 17.15-18.00	Evening Meditation Where: Yantra Hall Beginners Welcome Host: Sujay When: 17.30-18.00	Evening Meditation Where: Yantra Hall Beginners Welcome Host: Sujay When: 17.30-18.00
	Movie Night: Hema Hema: Sing Me a Song While I Where: Gallery Genre: Drama, Mystery When: 20.00-21.30	Thai Market Night Where: In Front of Kamala Boutique & Gallery When: 18.30-20.30	Craniosacral Balancing and Vibrational Healing Massage Therapy Introduction Where: Gallery Host: Carol Kandell When: 18.30-19.15	Reki Introduction Where: Gallery Host: Ronan Cullen When: 18.30-19.15	Movie Night: Fat, Sick & Nearly Dead Where: Gallery Genre: Documentary When: 20.00-21.30	Host: Sujay When: 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
 *** 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

*"Humanity one's only religion
 Breath one's only prayer and
 Consciousness one's only God".
 - Yogiraj Gurunath Siddhanath*

