

HOLISTIC ACTIVITY SCHEDULE 12 - 18 JULY

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
STRETCHING & MOVEMENT	QI GONG	WALKING MEDITATION	HATHA YOGA	INTRODUCTION TO MUAY THAI	TAI CHI	QI GONG
Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Beginners Welcome
Host: Benz	Host: San Bao	Host: Sujay	Host: Valerie	Host: Chris	Host: Jinny	Host: San Bao
08.45-09.45	08.45-09.45	08.45-09.30	08.45-09.45	08.45-09.45	08.45-09.45	08.45-09.45
REFORMER PILATES PLUS	REFORMER PILATES PLUS	REFORMER PILATES PLUS	JOIN KAMALAYA TO ADMIRE SPIRIT HOUSES	REFORMER PILATES PLUS	REFORMER PILATES PLUS	REFORMER PILATES PLUS
Where: Padma Fitness	Where: Padma Fitness	Where: Padma Fitness	Where: Meet at Reception	Where: Padma Fitness	Where: Padma Fitness	Where: Padma Fitness
THB 500++/ person* (Maximum 5 Pax)	THB 500++/ person* (Maximum 5 Pax)	THB 500++/ person* (Maximum 5 Pax)	Host: Kamalaya Team 09.45-10.30	THB 500++/ person* (Maximum 5 Pax)	THB 500++/ person* (Maximum 5 Pax)	THB 500++/ person* (Maximum 5 Pax)
Please book at Wellness Reception in advance	Please book at Wellness Reception in advance	Please book at Wellness Reception in advance	Where: Padma Fitness	Please book at Wellness Reception in advance	Please book at Wellness Reception in advance	Please book at Wellness Reception in advance
	Host: Benz 10.30-11.30		THB 500++/ person* (Maximum 5 Pax)	Host: Jinny 10.30-11.30		Host: Jinny 10.30-11.30
	TEA SHARING MEET NEW FRIENDS			TEA SHARING MEET NEW FRIENDS		TEA SHARING MEET NEW FRIENDS
Host: Poom	Where: Alchemy Lounge Complimentary for all guests Drop in anytime! Host: San Bao 15.00-17.00	Host: Jinny	Host: Poom	Where: Alchemy Lounge Complimentary for all guests Drop in anytime! Host: San Bao 15.00-17.00	Host: Benz	Where: Alchemy Lounge Complimentary for all guests Drop in anytime! Host: San Bao 15.00-17.00
10.30-11.30		10.30-11.30	10.30-11.30	10.30-11.30	10.30-11.30	10.30-11.30
CIRCUIT TRAINING	GYROKINESIS MOVEMENT	PILATES MAT CLASS	AQUA AEROBIC	ABS BUTT THIGH	PRANAYAMA	HIIT & CORE
Where: Yantra Hall Intermediate Level (Please wear sport shoes)	Where: Yantra Hall Beginners Welcome	Where: Yantra Hall Beginners Welcome	Where: Lap Pool Beginners Welcome	Where: Yantra Hall Intermediate Level	Where: Yantra Hall Beginners Welcome	Where: Yantra Hall Intermediate Level (Please wear sport shoes)
Host: Poom 16:30 - 17:15	Host: Ploy 16:30 - 17:15	Host: Jinny 16:30 - 17:15	Host: Jinny 16:30 - 17:15	Host: Benz 16:30 - 17:15	Host: Sujay 16:30 - 17:15	Host: Poom 16:30 - 17:15

- 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



Coaching/Workshops	●	●	Body Work/Physical Exercises
Meditations/Energy Work	●	●	Cultural Activity
Yoga	●	●	Entertainment