

HOLISTIC ACTIVITY SCHEDULE 18 - 24 March 2024

MONDAY 18		TUESDAY 19		WEDNESDAY 20		THURSDAY 21		FRIDAY 22		SATURDAY 23		SUNDAY 24	
PRANAYAMA		QI GONG		TAI-CHI		QI GONG		MORNING MEDITATION		QI GONG		CHAKRA MEDITATION	
07.45 - 08.30 Gallery All Levels		07.30 - 08.30 Yoga Pavilion All Levels		07.45 - 08.30 Yoga Pavilion All Levels		07.30 - 08.30 Yoga Pavilion All Levels		07.45 - 08.30 Gallery All Levels		07.30 - 08.30 Yoga Pavilion All Levels		07.45 - 08.30 Gallery All Levels	
Hosted by Praveena		Hosted by San Bao		Hosted by Pae		Hosted by San Bao		Hosted by Krishnaraj		Hosted by San Bao		Hosted by Krishnaraj	
YIN YOGA	ASHTANGA YOGA	THERAPEUTIC YOGA	POWER YOGA	HATHA YOGA	VINYASA FLOW YOGA	STRETCHING AND MOVEMENT	ASHTANGA YOGA	YIN YOGA	POWER YOGA	MUAY THAI MOVEMENT	THERAPEUTIC YOGA	HATHA YOGA	VINYASA FLOW YOGA
08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yantra Hall All Levels	08.45 - 09.45 Yoga Pavilion Intermediate Level	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level	08.45 - 09.45 Yantra Hall All Levels	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yoga Pavilion All Levels	08.45 - 09.45 Yantra Hall Intermediate Level
Hosted by Snehal	Hosted by Jyoti	Hosted by Jyoti	Hosted by Fon	Hosted by Ana	Hosted by Fon	Hosted by Nut	Hosted by Fon	Hosted by Fon	Hosted by Snehal	Hosted by Chris	Hosted by Snehal	Hosted by Snehal	Hosted by Jyoti
REFORMER PILATES PLUS		REFORMER PILATES PLUS		REFORMER PILATES PLUS		SPIRIT HOUSE PILGRIMAGE		SAMUI ISLAND CULTURAL TOUR		REFORMER PILATES PLUS		REFORMER PILATES PLUS	
10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em		09.45 - 10.30 Meet at Reception Hosted by Kamalaya team		09.00 - 13.00 Meet at Reception 1,200++ THB/person, Minimum 4 pax Please reserve at Reception 24 hrs in advance Hosted by Pla		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		10.30 - 11.30 Padma Fitness 1,500++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom	
Hosted by Ronan		Hosted by Eli		Hosted by Tara		Hosted by Julie		Hosted by Leila		Hosted by Srinivas		Hosted by Bernie	
COOKING CLASS		TEA SHARING		COOKING CLASS		HEAD TO TOE REFLEXOLOGY		FIRST AID HOMEOPATHY		KAMALAYA SUNSET CRUISE		THAI TEMPLE TOUR	
HEALTHY THAI CUISINE 12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao		HEALTHY DETOX CUISINE 12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		12.00 - 13.00 Gallery Hosted by Julie		12.00 - 13.00 Gallery Hosted by Leila		13.00 - 19.00 Meet at Reception 3,750++ THB/person Please reserve at Reception 24 hrs in advance Hosted by Kamalaya Team		14.00 - 17.00 Meet at Reception 1,000++ THB/person, Minimum 4 pax Please reserve at Reception 24 hrs in advance Hosted by Pinto	
Hosted by Valerie		Hosted by Pae		Hosted by Kwang		Hosted by San Bao		Hosted by Fon		Hosted by Due		Hosted by San Bao	
ABS BUTT THIGHS		AQUA BIKE SPINNING CLASS		HIIT AND CORE		ABS BUTT THIGHS		FUNCTIONAL FITNESS CLASS		HIIT AND CORE		STRETCHING AND MOVEMENT	
15.45 - 16.30 Yantra Hall All Levels Hosted by Nut		15.45 - 16.30 Lap Pool - All Levels 995++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Nut		15.45 - 16.30 Yantra Hall Intermediate Level Hosted by Pei		15.45 - 16.30 Yantra Hall All Levels Hosted by Em		15.45 - 16.30 Padma 2 Intermediate Level, Max 12 pax Please reserve at Wellness Reception Hosted by Adam		15.45 - 16.30 Yantra Hall Intermediate Level Hosted by Chai		15.45 - 16.30 Yantra Hall All Levels Hosted by Chai	
Hosted by Nut		Hosted by Nut		Hosted by Pei		Hosted by Em		Hosted by Adam		Hosted by Chai		Hosted by Chai	
MOVIE NIGHT		EVENING MEDITATION		HERBAL WALK		THAI MARKET NIGHT AT KAMALAYA		SOUND HEALING MEDITATION		PRANAYAMA		FULL MOON NIGHT	
20.00 Gallery SAM SARA (Documentary)		17.00 - 17.30 Yantra Hall Hosted by Praveena		16.00 - 17.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception Hosted by Pop		18.30 - 20.30 Kamala Boutique "In-house night market"		17.00 - 18.00 Yantra Hall Hosted by Svetlana		17.00 - 17.30 Yantra Hall Hosted by Kavitha		20.00 - 21.00 Meet at Yantra Lawn Hosted by Svetlana	

● COACHING/WORKSHOPS
 ● YOGA
 ● BODY WORK/PHYSICAL EXERCISES
 ● MEDITATIONS/ENERGY WORK
 ● CULTURAL ACTIVITY
 ● ENTERTAINMENT

Shakti Fitness Centre open daily from 07.00 to 20.00. | Please arrive on time for classes. Instructors will cancel a class if there are no participants after 15 minutes. | Please advise cancellation 24 hours in advance.

Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.