## HOLISTIC ACTIVITY SCHEDULE 27 NOVEMBER - 3 DECEMBER

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1	SATURDAY 2	SUNDAY 3
Chakra Meditation	Qi Gong	Pranayama	Qi Gong	Meditation	Pranayama	360 Circuit Training
Where: Padma Fitness	Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Padma Fitness
Basic Knowledge Required	Beginners Welcome	Beginners Welcome	Beginners Welcome	Beginners Welcome	Beginners Welcome	Intermediate Level
						Maximum 9 pax
Host: Sujay	Host: Dr. Kanita	Host: Sujay	Host: Dr. Kanita	Host: River	Host: Sujay	Host: Frank
Host. Sujay	Host. Dr. Kanita	riost. Sujay	Host. Dr. Kanita	Host. River	riost. Sujay	HOSE HAIK
						Please book at Wellness Reception in advance
When: 07.30-08.30	When: 07.30-08.30	When: 07.30-08.15	When: 07.30-08.30	When: 07.30-08.30	When: 07.30-08.15	When: 07.30-08.30
Hatha Yoga	Vinyasa Yoga Slow Flow	Vinyasa Yoga Dynamic Flow	Hatha Yoga	Gentle Yoga	Vinyasa Yoga Slow Flow	Vinyasa Yoga Dynamic Flow
Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Yoga Pavilion	Where: Yoga Pavilion
Beginners Welcome	Basic Knowledge Required	Intermediate Level	Beginners Welcome	Beginners Welcome	Basic Knowledge Required	Intermediate Level
Host: Gai	Host: Pippa	Host: Pippa	Host: Pippa	Host: Gai	Host: Mew	Host: Anouk
When: 08.45-09.45	When: 08.45-09.45	When: 08.30-09.45	When: 08.45-09.45	When: 08.45-09.45	When: 08.30-09.45	When: 08.45-09.45
	Lorenza de Cabina de Alexa Cilian III de Cabina de Cabin		Join Kamalaya Team to	loan donator of the film was one loan the		
The Art of Letting Go	Introduction of the film "Moving into the Infinite" by director and dancer Paramjyoti	Awakening Emotional Intelligence Workshop	Admire Spirit Houses	Introduction of the film "Moving into the Infinite" by director and dancer Paramjyoti	Olga's Workshop	Kamalaya Tour
Where: Library	Where: Library	Where: Yoga Pavilion	Where: Meet at Reception	Where: Gallery	Where: Gallery	Where: Meet at Reception
			•		,	·
Host: River	Host: Paramjyoti	Host: Sujay	Host: Kamalaya Team	Host: Paramjyoti		Host: Ribbin
When: 10.30-11.15	When: 10.30-11.30	When: 10.30-12.30	When: 09.45-10.30	When: 10.30-11.30		When: 10.30-11.30
	Wilen. 10.30-11.30			Wileli. 10.30-11.30		Wilell. 10.30-11.30
Cooking Class	Abstract Workshop with Trudy Tozer	Cooking Class Inspiring Healthy Detox	Ideal Weight: The Perfection of the Human body	Samui Island Tour **	Host: Olga Pollunin	Thai Temples Tour **
Inspiring Healthy Thai Cuisine Where: Soma Restaurant	Where: Gallery	Cuisine with Discussions on Nutrition Where: Soma Restaurant	Where: Library	Where: Meet at Reception		Where: Meet at Reception
where. Johna Restaurant	Where. Gallery	Where. Johna Restaurant	Where, Elstury	Where. Weet at Neception		where, weet at Reception
Host: Chef	Host: Trudy Tozer	Host: Chef	Host: Natasha	Host: Ribbin		Host: Ribbin
			(Kamalaya Naturopath)			
THB 2,250++/ person*	THB 3,950++/ person*	THB 2,250++/ person*		THB 800++/person*		THB 1,000++/person*
Maximum 4 pax	Maximum 5 pax	Maximum 4 pax		Maximum 8 pax Minimum 4 pax		
				·		
Please book at Reception 24 hrs in advance	Please book at Wellness Reception in advance	Please book at Reception 24 hrs in advance		Please book at Reception 24 hrs in advance	Complimentary for Kamalaya Guests	Please book at Reception 24 hrs in advance
	W 40.00 45.00			NII 40 00 44 00		
When: 14.00-16.00	When: 13.30-15.30	When: 14.00-16.30	When: 12.00-13.00	When: 10.00-14.30	When: 14.00-16.00	When: 14.00-17.00
Pilates Where: Padma Fitness	Restorative Yoga	Abs, Buttocks & Thighs Where: Padma Fitness	Yin Yoga	Introduction to Muay Thai Where: Padma Fitness	Restorative Yoga	STS Suspension Training
Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Intermediate Level	Where: Yoga Pavilion Beginners Welcome	Beginners Welcome	Where: Yoga Pavilion Beginners Welcome	Where: Yoga Pavilion Advanced level
beginners welcome	beginners welcome		beginners welcome	beginners welcome	Degittiers Welcottle	
Maximum 13 pax		(Please wear sport shoes)				(Please wear sport shoes)
ividxilliulli 13 pdx	Maximum 10 pax	(Please wear sport shoes)		Maximum 8 pax	Maximum 10 pax	(Please wear sport shoes) Maximum 8 pax
	·	, , ,		·	·	Maximum 8 pax
Maximum 13 pax  Host: Lisa	Maximum 10 pax Host: Mew	(Please wear sport shoes)  Host: Poom	Host: Gai	Maximum 8 pax Host: Chris	Maximum 10 pax Host: Gai	
	Host: Mew	, , ,	Host: Gai	·	Host: Gai	Maximum 8 pax
Host: Lisa  Please book at Wellness Reception in advance	Host: Mew  Please book at Wellness Reception in advance	, , ,		Host: Chris  Please book at Wellness Reception in advance	Host: Gai  Please book at Wellness Reception in advance	Maximum 8 pax Host: Due Please book at Wellness Reception in advance
Host: Lisa	Host: Mew	, , ,	Host: Gai <b>When: 16.00-17.00</b>	Host: Chris	Host: Gai	Maximum 8 pax Host: Due
Host: Lisa  Please book at Wellness Reception in advance	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation	Host: Poom		Host: Chris  Please book at Wellness Reception in advance	Host: Gai  Please book at Wellness Reception in advance	Maximum 8 pax Host: Due Please book at Wellness Reception in advance
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion	Host: Poom  When: 16.00-17.00  Aqua Aerobics ****  Where: Kamalaya Lap Pool	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation	Host: Poom  When: 16.00-17.00  Aqua Aerobics  Where: Kamalaya Lap Pool Beginners Welcome	When: 16.00-17.00 Evening Meditation	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation	Maximum 8 pax Host: Due Please book at Wellness Reception in advance When: 16.00-17.00 Evening Meditation
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion	Host: Poom  When: 16.00-17.00  Aqua Aerobics ****  Where: Kamalaya Lap Pool	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required	Host: Poom  When: 16.00-17.00  Aqua Aerobics  Where: Kamalaya Lap Pool Beginners Welcome	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion	When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required	When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay	Host: Poom  When: 16.00-17.00  Aqua Aerobics  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: Sujay  When: 17.30-18.00	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome  Host: Due	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction with Paramiyoti	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"	Host: Poom  When: 16.00-17.00  Aqua Aerobics  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: Sujay  When: 17.30-18.00  Astrology & Palmistry Introduction	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion  Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:	Host: Poom  When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night  Where: In Front of	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: Sujay  When: 17.30-18.00	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction with Paramiyoti	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"	Host: Poom  When: 16.00-17.00  Aqua Aerobics  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: Sujay  When: 17.30-18.00  Astrology & Palmistry Introduction	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion  Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction  Where: Gallery	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction with Paramiyoti	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"	Host: Poom  When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night  Where: In Front of	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: Sujay  When: 17.30-18.00  Astrology & Palmistry Introduction	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion  Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction  with Paramjyoti  Where: Library	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"  Where: Library	Host: Poom  When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night  Where: In Front of	When: 16.00-17.00  Evening Meditation Where: Yoga Pavilion Beginners Welcome  Host: Sujay When: 17.30-18.00  Astrology & Palmistry Introduction Where: Library	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion  Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction  Where: Gallery  Host: Ronan Cullen  When: 18.30-19.15	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction  Where: Gallery
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction with Paramiyoti	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"	Host: Poom  When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night  Where: In Front of	When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: Sujay  When: 17.30-18.00  Astrology & Palmistry Introduction	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman  Where: Gallery	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction  Where: Gallery  Host: Ronan Cullen	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction  with Paramjyoti  Where: Library	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"  Where: Library  Movie: Moving Art (2017)	Host: Poom  When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night  Where: In Front of	When: 16.00-17.00  Evening Meditation Where: Yoga Pavilion Beginners Welcome  Host: Sujay When: 17.30-18.00  Astrology & Palmistry Introduction Where: Library	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman  Where: Gallery	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction  Where: Gallery  Host: Ronan Cullen  When: 18.30-19.15  Movie Night: "Travelers and Magicians"  Where: Gallery	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction  Where: Gallery
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction  with Paramjyoti  Where: Library	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"  Where: Library  Movie: Moving Art (2017)	Host: Poom  When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night  Where: In Front of	When: 16.00-17.00  Evening Meditation Where: Yoga Pavilion Beginners Welcome  Host: Sujay When: 17.30-18.00  Astrology & Palmistry Introduction Where: Library	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman  Where: Gallery	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction  Where: Gallery  Host: Ronan Cullen  When: 18.30-19.15  Movie Night: "Travelers and Magicians"  Where: Gallery  Movie: Travelers and Magicians (2003)	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction  Where: Gallery
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction  with Paramjyoti  Where: Library	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"  Where: Library  Movie: Moving Art (2017)	Host: Poom  When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night  Where: In Front of	When: 16.00-17.00  Evening Meditation Where: Yoga Pavilion Beginners Welcome  Host: Sujay When: 17.30-18.00  Astrology & Palmistry Introduction Where: Library	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman  Where: Gallery	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction  Where: Gallery  Host: Ronan Cullen  When: 18.30-19.15  Movie Night: "Travelers and Magicians"  Where: Gallery	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction  Where: Gallery
Host: Lisa  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Devadasi - Dance of the Heart Introduction  with Paramjyoti  Where: Library	Host: Mew  Please book at Wellness Reception in advance  When: 16.00-17.00  Deepening Focus Meditation  Where: Yoga Pavilion  Basic Knowledge Required  Host: Sujay  When: 17.30-18.00  Movie Night: "Moving Art:  Nature's beauty through the lens"  Where: Library  Movie: Moving Art (2017)	Host: Poom  When: 16.00-17.00  Aqua Aerobics ***  Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  When: 17.15-18.00  Thai Market Night  Where: In Front of	When: 16.00-17.00  Evening Meditation Where: Yoga Pavilion Beginners Welcome  Host: Sujay When: 17.30-18.00  Astrology & Palmistry Introduction Where: Library	Host: Chris  Please book at Wellness Reception in advance  When: 16.00-17.00  Stretching  Where: Yoga Pavilion Beginners Welcome  Host: Due  When: 17.15-17.45  Whole Self Integration Introduction with Susie Bowman  Where: Gallery	Host: Gai  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Reki Introduction  Where: Gallery  Host: Ronan Cullen  When: 18.30-19.15  Movie Night: "Travelers and Magicians"  Where: Gallery  Movie: Travelers and Magicians (2003)	Maximum 8 pax  Host: Due  Please book at Wellness Reception in advance  When: 16.00-17.00  Evening Meditation  Where: Yoga Pavilion  Beginners Welcome  Host: River  When: 17.30-18.00  Releasing Introduction  Where: Gallery

<sup>-</sup> Please arrive on time for classes. Instructors will cancel a class without participants after 15 minutes

"Follow your heart... awaken your mind & spirit... fulfill your destiny." -Karina Stewart



<sup>\*</sup> Price is subject to 10% service charge and 7% VAT

<sup>\*\*</sup> 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