

HOLISTIC ACTIVITY SCHEDULE 27 NOVEMBER - 3 DECEMBER

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1	SATURDAY 2	SUNDAY 3
<b>Chakra Meditation</b> Where: Padma Fitness Basic Knowledge Required  Host: Sujay  <b>When: 07.30-08.30</b>	<b>Qi Gong</b> Where: Yoga Pavilion Beginners Welcome  Host: Dr. Kanita  <b>When: 07.30-08.30</b>	<b>Pranayama</b> Where: Yoga Pavilion Beginners Welcome  Host: Sujay  <b>When: 07.30-08.15</b>	<b>Qi Gong</b> Where: Yoga Pavilion Beginners Welcome  Host: Dr. Kanita  <b>When: 07.30-08.30</b>	<b>Meditation</b> Where: Yoga Pavilion Beginners Welcome  Host: River  <b>When: 07.30-08.30</b>	<b>Pranayama</b> Where: Yoga Pavilion Beginners Welcome  Host: Sujay  <b>When: 07.30-08.15</b>	<b>360 Circuit Training</b> Where: Padma Fitness Intermediate Level Maximum 9 pax  Host: Frank  <i>Please book at Wellness Reception in advance</i>  <b>When: 07.30-08.30</b>
<b>Hatha Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Gai <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Slow Flow</b> Where: Yoga Pavilion Basic Knowledge Required  Host: Pippa <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Dynamic Flow</b> Where: Yoga Pavilion Intermediate Level  Host: Pippa <b>When: 08.30-09.45</b>	<b>Hatha Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Pippa <b>When: 08.45-09.45</b>	<b>Gentle Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Gai <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Slow Flow</b> Where: Yoga Pavilion Basic Knowledge Required  Host: Mew <b>When: 08.30-09.45</b>	<b>Vinyasa Yoga Dynamic Flow</b> Where: Yoga Pavilion Intermediate Level  Host: Anouk <b>When: 08.45-09.45</b>
<b>The Art of Letting Go</b> Where: Library  Host: River  <b>When: 10.30-11.15</b>	<b>Introduction of the film "Moving into the Infinite" by director and dancer Paramjyoti</b> Where: Library  Host: Paramjyoti  <b>When: 10.30-11.30</b>	<b>Awakening Emotional Intelligence Workshop</b> Where: Yoga Pavilion  Host: Sujay  <b>When: 10.30-12.30</b>	<b>Join Kamalaya Team to Admire Spirit Houses</b> Where: Meet at Reception  Host: Kamalaya Team  <b>When: 09.45-10.30</b>	<b>Introduction of the film "Moving into the Infinite" by director and dancer Paramjyoti</b> Where: Gallery  Host: Paramjyoti  <b>When: 10.30-11.30</b>	<b>Olga's Workshop</b> Where: Gallery  Host: Olga Pollunin  <b>When: 14.00-16.00</b>	<b>Kamalaya Tour</b> Where: Meet at Reception  Host: Ribbin  <b>When: 10.30-11.30</b>
<b>Cooking Class Inspiring Healthy Thai Cuisine</b> Where: Soma Restaurant  Host: Chef  THB 2,250++ / person* Maximum 4 pax  <i>Please book at Reception 24 hrs in advance</i>  <b>When: 14.00-16.00</b>	<b>Abstract Workshop with Trudy Tozer</b> Where: Gallery  Host: Trudy Tozer  THB 3,950++ / person* Maximum 5 pax  <i>Please book at Wellness Reception in advance</i>  <b>When: 13.30-15.30</b>	<b>Cooking Class Inspiring Healthy Detox Cuisine with Discussions on Nutrition</b> Where: Soma Restaurant  Host: Chef  THB 2,250++ / person* Maximum 4 pax  <i>Please book at Reception 24 hrs in advance</i>  <b>When: 14.00-16.30</b>	<b>Ideal Weight: The Perfection of the Human body</b> Where: Library  Host: Natasha (Kamalaya Naturopath)  <b>When: 12.00-13.00</b>	<b>Samui Island Tour **</b> 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>  <b>When: 10.00-14.30</b>	<b>Thai Temples Tour **</b> Where: Meet at Reception  Host: Ribbin  THB 1,000++ / person*  <i>Please book at Reception 24 hrs in advance</i>  <b>When: 14.00-17.00</b>	
<b>Pilates</b> Where: Padma Fitness Beginners Welcome  Maximum 13 pax  Host: Lisa  <i>Please book at Wellness Reception in advance</i>  <b>When: 16.00-17.00</b>	<b>Restorative Yoga</b> Where: Yoga Pavilion Beginners Welcome  Maximum 10 pax  Host: Mew  <i>Please book at Wellness Reception in advance</i>  <b>When: 16.00-17.00</b>	<b>Abs, Buttocks &amp; Thighs</b> Where: Padma Fitness Intermediate Level (Please wear sport shoes)  Host: Poom  <b>When: 16.00-17.00</b>	<b>Yin Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Gai  <b>When: 16.00-17.00</b>	<b>Introduction to Muay Thai</b> Where: Padma Fitness Beginners Welcome  Maximum 8 pax  Host: Chris  <i>Please book at Wellness Reception in advance</i>  <b>When: 16.00-17.00</b>	<b>Restorative Yoga</b> Where: Yoga Pavilion Beginners Welcome  Maximum 10 pax  Host: Gai  <i>Please book at Wellness Reception in advance</i>  <b>When: 16.00-17.00</b>	<b>STS Suspension Training</b> Where: Yoga Pavilion Advanced level (Please wear sport shoes) Maximum 8 pax  Host: Due  <i>Please book at Wellness Reception in advance</i>  <b>When: 16.00-17.00</b>
<b>Evening Meditation</b> Where: Yoga Pavilion Beginners Welcome  Host: River  <b>When: 17.30-18.00</b>	<b>Deepening Focus Meditation</b> Where: Yoga Pavilion Basic Knowledge Required  Host: Sujay  <b>When: 17.30-18.00</b>	<b>Aqua Aerobics ****</b> Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit)  Host: Klack  <b>When: 17.15-18.00</b>	<b>Evening Meditation</b> Where: Yoga Pavilion Beginners Welcome  Host: Sujay  <b>When: 17.30-18.00</b>	<b>Stretching</b> Where: Yoga Pavilion Beginners Welcome  Host: Due  <b>When: 17.15-17.45</b>	<b>Evening Meditation</b> Where: Yoga Pavilion Beginners Welcome  Host: River  <b>When: 17.30-18.00</b>	<b>Evening Meditation</b> Where: Yoga Pavilion Beginners Welcome  Host: River  <b>When: 17.30-18.00</b>
<b>Devadasi - Dance of the Heart Introduction with Paramjyoti</b> Where: Library  Host: Paramjyoti  <b>When: 18.30-19.15</b>	<b>Movie Night: "Moving Art: Nature's beauty through the lens"</b> Where: Library  Movie: Moving Art (2017) Genre: Documentary  <b>When: 20.00-21.00</b>	<b>Thai Market Night</b> Where: In Front of Kamala Boutique & Gallery  <b>When: 18.30-20.30</b>	<b>Astrology &amp; Palmistry Introduction</b> Where: Library  Host: Omesh Langmann  <b>When: 18.30-19.15</b>	<b>Whole Self Integration Introduction with Susie Bowman</b> Where: Gallery  Host: Susie Bowman  <b>When: 18.30-19.15</b>	<b>Reki Introduction</b> Where: Gallery  Host: Ronan Cullen <b>When: 18.30-19.15</b>  <b>Movie Night: "Travelers and Magicians"</b> Where: Gallery  Movie: Travelers and Magicians (2003) Genre: Drama, Adventure  <b>When: 20.00-22.00</b>	<b>Releasing Introduction</b> Where: Gallery  Host: Wayne Walker  <b>When: 18.30-19.15</b>

- 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

