

HOLISTIC ACTIVITY SCHEDULE 12 - 18 August 2024

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
TAI-CHI 07.45 - 08.30 Yoga Pavilion All Levels Hosted by Chai	QI GONG 07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao	MORNING MEDITATION 07.45 - 08.30 Yoga Pavilion All Levels Hosted by Praveena	QI GONG 07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao	TAI-CHI 07.45 - 08.30 Yoga Pavilion All Levels Hosted by Jinny	QI GONG 07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao	CHAKRA MEDITATION 07.45 - 08.30 Yoga Pavilion All Levels Hosted by Srinivas
HATHA YOGA 08.45 - 09.45 Yoga Pavilion All Levels Hosted by Ana	POWER YOGA 08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Fon	YIN YOGA 08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	VINYASA FLOW YOGA 08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Ana	HATHA YOGA 08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	YIN YOGA 08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	ASHTANGA YOGA 08.45 - 09.45 Yoga Pavilion Intermediate Level Hosted by Jyoti
REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae	SPIRIT HOUSE PILGRIMAGE 09.45 - 10.30 Meet at Reception Hosted by Kamalaya team	SAMUI ISLAND CULTURAL TOUR 09.00 - 13.30 Meet at Reception 1,500++ THB/person, Minimum 4 pax Please reserve at Reception 24 hrs in advance Hosted by Pla	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny
INTRODUCTION TO ANCIENT REIKI HEALING 12.00-13.00 Gallery Hosted by Ronan	PRANAYAMA WORKSHOP "Know your breath, know your life" 12.00 - 13.00 Gallery Hosted by Jyoti	HOW TO FIX YOUR POSTURE 12.00-12.30 Gallery Hosted by Eli	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	REFORMER PILATES PLUS 10.30 - 11.30 Padma Fitness 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae	EMBRACING ONESELF WORKSHOP 12.00-13.00 Gallery Hosted by Srinivas	EMPOWERING WOMAN IN MENOPAUSE 12.00 - 13.00 Gallery Hosted by Rita
COOKING CLASS 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	TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao	COOKING CLASS 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	TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao	INTRODUCTION TO LEADING FROM WITHIN FOR PERSONAL GROWTH 12.00 - 13.00 Gallery Hosted by Nicky	KAMALAYA SUNSET CRUISE 13.00 - 19.00 Meet at Reception 3,750++ THB/person Please reserve at Reception 24 hrs in advance Hosted by Kamalaya Team	TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao
MUAY THAI MOVEMENT 15.45-16.30 Yantra Hall All Levels Hosted by Chris	STRETCHING AND MOVEMENT 15.45-16.30 Yantra Hall All Levels Hosted by Em	SPINAL MOBILITY 15.45-16.30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Mic	HIIT AND CORE 15.45-16.30 Yantra Hall Intermediate Level Hosted by Chai	SALSA DANCE 15.45-16.45 Gallery All Levels Hosted by Valerie	CORE STABILITY FLOW 15.45-16.30 Yantra Hall All Levels Hosted by Pae	AQUA AEROBICS 15.45-16.30 Lap Pool All Levels Hosted by Due
HERBAL WALK 17.00 - 18.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception Hosted by Pop		AQUA AEROBICS 15.45-16.30 Lap Pool All Levels Hosted by Pei		FUNCTIONAL CIRCUIT TRAINING 15.45-16.30 Padma 2 Intermediate Level, Max 12 pax Please reserve at Wellness Reception Hosted by Adam	AQUA BIKE SPINNING CLASS 15.45-16.30 Lap Pool - All Levels 995++ THB/person, Max. 5 pax Please reserve at Reception Hosted by Due	
MOVIE NIGHT 20.00 Gallery LIFE OF PI (Adventure/Drama)	PRANAYAMA 17.00-17.30 Yantra Hall Hosted by Jyoti	SOUND HEALING MEDITATION 17.15 - 18.15 Yantra Hall Hosted by Svetlana	EVENING MEDITATION 17.00-17.30 Yantra Hall Hosted by Srinivas	PRANAYAMA 17.00-17.30 Yantra Hall Hosted by Srinivas	CYCLIC MEDITATION 17.00-17.45 Yantra Hall Hosted by Jyoti	PRANAYAMA 17.15-17.45 Yantra Hall Hosted by Praveena

● 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.