

HOLISTIC ACTIVITY SCHEDULE 25 FEBRUARY - 3 MARCH

MONDAY 25		TUESDAY 26		WEDNESDAY 27		THURSDAY 28		FRIDAY 1		SATURDAY 2		SUNDAY 3			
<b>Chakra Meditation</b> Where: Gallery Basic Knowledge Required  Host: Sujay <b>When: 07.30-08.30</b>		<b>Qi Gong</b> Where: Yoga Pavilion Beginners Welcome  Host: San Bao <b>When: 07.30-08.30</b>		<b>Pranayama</b> Where: Yoga Pavilion Beginners Welcome  Host: Rajesh <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>Walking Meditation</b> Where: Yoga Pavilion Beginners Welcome  Host: Smitha <b>When: 07.30-08.30</b>		<b>Pranayama</b> Where: Yoga Pavilion Beginners Welcome  Host: Smitha <b>When: 07.30-08.15</b>		<b>Stretching</b> Where: Yoga Pavilion Beginners Welcome  Host: Caroline <b>When: 08.45-09.45</b>		<b>Vinyasa Yoga Ashtanga Inspired</b> Where: Yantra Hall Intermediate Level  Host: Dana <b>When: 08.45-09.45</b>	
<b>Hatha Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Mew <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Ashtanga Inspired</b> Where: Yantra Hall Intermediate Level  Host: Susu <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Slow Flow</b> Where: Yoga Pavilion Beginners Welcome  Host: Mew <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Dynamic Flow</b> Where: Yantra Hall Intermediate Level  Host: Rainy <b>When: 08.45-09.45</b>	<b>Gentle Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Dana <b>When: 08.30-09.45</b>	<b>Sivananda Inspired Yoga</b> Where: Yantra Hall Intermediate Level  Host: Susu <b>When: 08.30-09.45</b>	<b>Hatha Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Rainy <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Ashtanga Inspired</b> Where: Yantra Hall Intermediate Level  Host: Dana <b>When: 08.45-09.45</b>	<b>Gentle Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Susu <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Dynamic Flow</b> Where: Yantra Hall Intermediate Level  Host: Dana <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Slow Flow</b> Where: Yoga Pavilion Beginners Welcome  Host: Dana <b>When: 08.30-09.45</b>	<b>Vinyasa Yoga Ashtanga Inspired</b> Where: Yantra Hall Intermediate Level  Host: Rainy <b>When: 08.30-09.45</b>				
<b>Shen, Qi and Jing 'The Three Treasures' in TCM</b> Where: Gallery  Host: Bernie (Kamalaya TCM Practitioner)  <b>When: 10.30-11.30</b>		<b>HIIT and Core</b> Where: Yantra Hall Advanced Level Maximum 14 pax  Host: Mikey  <i>Please book at Wellness Reception in advance</i> <b>When: 10.30-11.30</b>		<b>Cooking Class Inspiring Healthy Detox 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: 14.00-16.30</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>Salsa Dancing</b> Where: Yantra Hall Beginners Welcome  Host: Valerie  <b>When: 10.30-11.30</b>		<b>Journey into the Heart Workshop</b> Where: Gallery  Host: Smitha (Kamalaya Meditation Practitioner)  <b>When: 10.30-12.30</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>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>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>Stress Dissolution Talk</b> Where: Gallery  Host: River (Kamalaya Meditation Practitioner)  <b>When: 10.30-11.30</b>		<b>Reformer Pilates Plus</b> Where: Padma Fitness Intermediate Level  Host: Benz  THB 1,250++/ person* Maximum 4 pax  <i>Please book at Wellness Reception in advance</i> <b>When: 14.30-15.30</b>		<b>Boat Trip Kamalaya Sunset Cruise</b> Where: Meet at Reception  Host: Kamalaya Team  THB 2,550++/ person*  <i>Please book at Reception 24 hrs in advance</i> <b>When: 15.30-19.00</b>		<b>Flowing with the Sea of Life Classical Chinese Medicine</b> Where: Gallery  Host: Bernie (Kamalaya TCM Practitioner)  <b>When: 10.30-11.30</b>			
<b>Fitball</b> Where: Yantra Hall Intermediate Level Maximum 8 pax  Host: Due  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>		<b>Pilates Basics</b> Where: Yantra Hall Beginners Welcome Maximum 16 pax  Host: Benz  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>		<b>Qi Movement</b> Where: Yantra Hall Beginners Welcome Maximum 16 pax  Host: Susu  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>		<b>Gyrokinesis Movement</b> Where: Yantra Hall Beginners Welcome Maximum 8 pax  Host: Mona  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>		<b>Yin Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Jenni  <b>When: 16.00-17.00</b>		<b>Pilates Intermediate</b> Where: Yantra Hall Intermediate Level Maximum 16 pax  Host: Benz  <i>Please book at Wellness Reception in advance</i> <b>When: 16.00-17.00</b>		<b>Pilates</b> Where: Yoga Pavilion Beginners Welcome  Host: Benz  <b>When: 16.00-17.00</b>			
<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome  Host: Rajesh <b>When: 17.30-18.00</b>		<b>Meditation for Deep Relaxation</b> Where: Yantra Hall Beginners Welcome  Host: Rajesh <b>When: 17.15-18.00</b>				<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome  Host: River <b>When: 17.30-18.00</b>		<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome  Host: Arpitha <b>When: 17.30-18.00</b>		<b>Aqua Aerobics ****</b> Where: Kamalaya Lap Pool Beginners Welcome  Host: Due <b>When: 17.15-18.00</b>		<b>Qi Gong</b> Where: Yoga Pavilion Beginners Welcome  Host: Dr. Song <b>When: 17.15-18.15</b>			
<b>Craniosacral Balancing and Vibrational Healing Massage Therapy Introduction</b> Where: Gallery  Host: Carol Kandell  <b>When: 18.30-19.15</b>		<b>Movie Night: Stress: Portrait of a Killer</b> Where: Gallery  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: Gallery  Host: Omesh Langmann  <b>When: 18.30-19.15</b>		<b>Intuitive Personal Readings, Healing and Channelling Introduction</b> Where: Gallery  Host: Anna Hughes  <b>When: 18.30-19.15</b>		<b>Reiki Introduction</b> Where: Gallery  Host: Ronan Cullen <b>When: 18.30-19.15</b> <b>Movie Night: Vegucated</b> Where: Gallery  Genre: Documentary <b>When: 20.00-21.15</b>		<b>Shivratri Concert</b> Where: Yantra Hall  Host: Sivani & Kharku  <i>Complimentary for Kamalaya Guests</i> <b>When: 18.30-19.30</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*

