

HOLISTIC ACTIVITY SCHEDULE 17 - 23 SEPTEMBER

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
<b>Chakra Meditation</b> Where: Padma Fitness Basic Knowledge Required  Host: Smitha <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: Smitha <b>When: 07.30-08.15</b>	<b>Qi Gong</b> Where: Yoga Pavilion Beginners Welcome  Host: San Bao <b>When: 07.30-08.30</b>	<b>Walking 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: Rajesh <b>When: 07.30-08.15</b>	<b>Qi Gong</b> Where: Yoga Pavilion Beginners Welcome  Host: River <b>When: 07.30-08.30</b>
<b>Gentle Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Rainy <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Ashtanga Inspired</b> Where: Yoga Pavilion Intermediate Level  Host: Mew <b>When: 08.45-09.45</b>	<b>Hatha Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Mew <b>When: 08.30-09.45</b>	<b>Vinyasa Yoga Slow Flow</b> Where: Yoga Pavilion Beginners Welcome  Host: Rainy <b>When: 08.45-09.45</b>	<b>Hatha Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Rainy <b>When: 08.45-09.45</b>	<b>Vinyasa Yoga Dynamic Flow</b> Where: Yoga Pavilion Intermediate Level  Host: Dana <b>When: 08.30-09.45</b>	<b>Gentle Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Dana <b>When: 08.45-09.45</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: 10.30-11.30</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>360 Circuit Training</b> Where: Padma Fitness Intermediate Level Maximum 9 pax  Host: Rit  <i>Please book at Wellness Reception in advance</i> <b>When: 10.30-11.30</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>Stress Dissolution Talk</b> Where: Gallery  Host: Smitha (Kamalaya Meditation Practitioner) <b>When: 10.30-11.30</b>	<b>Thai Temples Tour **</b> Where: Meet at Reception  Host: Kae  THB 1,000++/person  <i>Please book at Reception 24 hrs in advance</i> <b>When: 10.30-11.30</b>	<b>Kamalaya Tour **</b> Where: Meet at Reception  Host: Ribbin  <i>Please book at Reception 1 hr in advance</i> <b>When: 10.00-11.00</b>	<b>Chinese Wisdom for Daily Use</b> Where: Gallery  Host: Caetana (Kamalaya TCM Practitioner) <b>When: 12.00-13.00</b> <b>Stress Dissolution Talk</b> Where: Gallery  Host: Sujay (Kamalaya Meditation Practitioner) <b>When: 15.00-16.00</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>Tea Sharing Meet New Friends</b> Where: Alchemy Lounge  Host: San Bao  <i>Complimentary for Kamalaya Guests Drop in anytime!</i> <b>When: 15.00-17.00</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>Boat Trip Kamalaya Sunset Cruise</b> Where: Meet at Reception  Host: Kamalaya Team  THB 3,750++ / person*  <i>Please book at Reception 24 hrs in advance</i> <b>When: 13.00-19.00</b>	<b>Tea Sharing Meet New Friends</b> Where: Alchemy Lounge  Host: San Bao  <i>Complimentary for Kamalaya Guests Drop in anytime!</i> <b>When: 15.00-17.00</b>	<b>Awakening Emotional Intelligence Workshop</b> Where: Gallery  Host: Rajesh (Kamalaya Meditation Practitioner) <b>When: 10.30-12.30</b>	<b>Tea Sharing Meet New Friends</b> Where: Alchemy Lounge  Host: San Bao  <i>Complimentary for Kamalaya Guests Drop in anytime!</i> <b>When: 15.00-17.00</b>
<b>Pilates Intermediate Class</b> Where: Padma Fitness Intermediate Level Maximum 13 pax  <i>Please book at Wellness Reception in advance</i>  Host: Jasmin <b>When: 16.00-17.00</b>	<b>Pilates Basics</b> Where: Padma Fitness Beginners Welcome Maximum 13 pax  <i>Please book at Wellness Reception in advance</i>  Host: Weena <b>When: 16.00-17.00</b>	<b>Yin Yoga</b> Where: Yoga Pavilion Beginners Welcome  Host: Dana <b>When: 16.00-17.00</b>	<b>Gyrokinesis Movement</b> Where: Padma Fitness Beginners Welcome Maximum 9 pax  <i>Please book at Wellness Reception in advance</i>  Host: Mic <b>When: 16.00-17.00</b>	<b>Stretching</b> Where: Yoga Pavilion Beginners Welcome  Host: Weena <b>When: 16.00-17.00</b>	<b>360 Circuit Training</b> Where: Padma Fitness Intermediate Level Maximum 9 pax  <i>Please book at Wellness Reception in advance</i>  Host: Benz <b>When: 16.00-17.00</b>	<b>Pilates with Props</b> Where: Padma Fitness Intermediate Level Maximum 13 pax  <i>Please book at Wellness Reception in advance</i>  Host: Weena <b>When: 16.00-17.00</b>
<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome   Host: Sujay <b>When: 17.30-18.00</b>	<b>Singing Bowls Relaxation Workshop</b> Where: Yantra Hall  THB 1,000+++ / person*  <i>Please book at Wellness Reception in advance</i>  Host: Muayad Najemuddin <b>When: 17.30-18.45</b>	<b>Deepening Focus Meditation</b> Where: Yantra Hall Basic Knowledge Required   Host: Rajesh <b>When: 17.30-18.00</b>	<b>Evening Meditation</b> Where: Yantra Hall Beginners Welcome   Host: Smitha <b>When: 17.30-18.00</b>	<b>Meditation for Deep Relaxation</b> Where: Yantra Hall Basic Knowledge Required   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: Sujay <b>When: 17.30-18.00</b>
<b>Astrology &amp; Palmistry Introduction</b> Where: Gallery  Host: Omesh Langmann <b>When: 18.30-19.15</b>	<b>Craniosacral Balancing and Vibrational Healing Massage Therapy Introduction</b> Where: Gallery  Host: Carol Kandell <b>When: 18.30-19.15</b>	<b>Thai Market Night</b> Where: In Front of Kamala Boutique & Gallery  <b>When: 18.30-20.30</b>	<b>Releasing Introduction</b> Where: Gallery  Host: Wayne Walker <b>When: 18.30-19.15</b>	<b>Purifying Vibrations Sound Therapy Introduction</b> Where: Gallery  Host: Muayad Najemuddin <b>When: 18.30-19.15</b>	<b>Reiki Introduction</b> Where: Gallery  Host: Ronan Cullen <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

*"Humanity one's only religion  
 Breath one's only prayer and  
 Consciousness one's only God".  
 - Yogiraj Gurunath Siddhanath*

