

HOLISTIC ACTIVITY SCHEDULE 09 - 15 MARCH 2026

MONDAY 09		TUESDAY 10		WEDNESDAY 11		THURSDAY 12		FRIDAY 13		SATURDAY 14		SUNDAY 15	
MANTRA CHANTING		MANTRA CHANTING		MANTRA CHANTING		MANTRA CHANTING		MANTRA CHANTING		CHAKRA MEDITATION		QI GONG	
07:00 - 07:30 Yantra Hall Temple All Levels Hosted by Adi		07:00 - 07:30 Yantra Hall Temple All Levels Hosted by Adi		07:00 - 07:30 Yantra Hall Temple All Levels Hosted by Adi		07:30 - 08:30 Yantra Hall Temple All Levels Hosted by Adi		07:30 - 08:30 Yoga Pavilion All Levels Hosted by San Bao		07:00 - 07:30 Yantra Hall Temple All Levels Hosted by Adi		07:45 - 08:30 Yantra Hall All Levels Hosted by Srinivas	
VEDANTIC MEDITATION (The State of Absorption)		QI GONG		TAI-CHI		VINYASA SLOW FLOW YOGA		HATHA YOGA		MORNING MEDITATION		Hosted by San Bao	
07:45 - 08:30 Yantra Hall All Levels Hosted by Adi		07:45 - 08:30 Yoga Pavilion All Levels Hosted by San Bao		07:45 - 08:30 Yoga Pavilion All Levels Hosted by Pae		08:45 - 09:45 Yoga Pavilion All Levels Hosted by Snehal		08:45 - 09:45 Yantra Hall Intermediate Level Hosted by Fon		07:45 - 08:30 Yantra Hall All Levels Hosted by Smitha			
HATHA YOGA	VINYASA SLOW FLOW YOGA	THERAPEUTIC YOGA	ASHTANGA YOGA	HATHA YOGA	YIN YOGA	SPIRIT HOUSE PILGRIMAGE		VINYASA YOGA	HATHA YOGA	YIN YOGA	THERAPEUTIC YOGA	ASHTANGA YOGA	HATHA YOGA
08:45 - 09:45 Yoga Pavilion Intermediate Level Hosted by Snehal	08:45 - 09:45 Yantra Hall All Levels Hosted by Jyoti	08:45 - 09:45 Yoga Pavilion All Levels Hosted by Fon	08:45 - 09:45 Yantra Hall Intermediate Level Hosted by Jyoti	08:45 - 09:45 Yoga Pavilion All Levels Hosted by Jyoti	08:45 - 09:45 Yantra Hall All Levels Hosted by Fon	09:45 - 10:30 Meet at Reception Hosted by Kamalaya team		08:45 - 09:45 Yoga Pavilion Intermediate Level Hosted by Fon	08:45 - 09:45 Yantra Hall All Levels Hosted by Snehal	08:45 - 09:45 Yoga Pavilion All Levels Hosted by Snehal	08:45 - 09:45 Yantra Hall All Levels Hosted by Fon	08:45 - 09:45 Yoga Pavilion Intermediate Level Hosted by Snehal	08:45 - 09:45 Yantra Hall All Levels Hosted by Jyoti
REFORMER PILATES		REFORMER PILATES		REFORMER PILATES		REFORMER PILATES		SAMUI ISLAND CULTURAL TOUR		REFORMER PILATES		REFORMER PILATES	
10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Em		10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		09:00-13:30 Meet at Reception 1,500++ THB/person, Minimum 4 pax Please dress appropriately Please reserve at Reception 24 hrs in advance Hosted by Mintra		10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae	
INTRODUCTION TO ANCIENT REIKI HEALING		KNOW YOUR CHAKRA - FROM THROAT TO HEART		INTRODUCTION TO THE ULTIMATE WELLBEING TRANSFORMATION		MUAY THAI MOVEMENT		REFORMER PILATES		MANAGING STRESS AND ANXIETY THROUGH HOLISTIC WELLBEING		MINDFULNESS WORKSHOP	
12:00-13:00 Gallery Hosted by Ronan		12:00-13:30 Gallery Hosted by Adi		12:00-13:00 Gallery Hosted by Akcelina		12:00 - 12:45 Yantra Hall All Levels Hosted by Chris		10:30 - 11:30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny		12:00-13:00 Gallery Hosted by Ayush		12:00-13:00 Gallery Hosted by Srinivas	
COOKING CLASS		TEA SHARING		COOKING CLASS		TEA SHARING		VEDANTA WORKSHOP (The Self Unfoldment Tool)		KAMALAYA SUNSET CRUISE		TEA SHARING	
HEALTHY THAI CUISINE 12:00 - 14:00 Soma Restaurant 2,450++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		MEET NEW FRIENDS 15:00 - 17:00 Alchemy Lounge Drop in anytime! Hosted by San Bao		HEALTHY DETOX CUISINE 12:00 - 14:00 Soma Restaurant 2,450++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		MEET NEW FRIENDS 15:00 - 17:00 Alchemy Lounge Drop in anytime! Hosted by San Bao		12:00-13:00 Gallery Hosted by Adi		14:00 - 18:30 Meet at Reception 2,900++ THB/person, Max. 8 pax Please reserve at Reception 24 hrs in advance Hosted by Kamalaya Team		15:00 - 17:00 Alchemy Lounge Drop in anytime! Hosted by San Bao	
HIIT		AQUA AEROBICS		SALSA DANCE		STRETCHING AND MOBILITY		HIIT		AQUA SPINNING		FUNCTIONAL FITNESS	
15:45-16:30 Yantra Hall Intermediate Level Hosted by Due		15:45-16:30 Lap Pool All Levels Hosted by Mook		15:45-16:45 Gallery All Levels Hosted by Valerie		15:45-16:30 Yantra Hall All Levels Hosted by Adam		15:45-16:30 Yantra Hall Intermediate Level Hosted by Em		15:45-16:30 Lap Pool 995++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Nut		15:45-16:30 Padma 2 Intermediate Level, Max 8 pax Please reserve at Wellness Reception Hosted by Due	
EVENING MEDITATION		GIFT OF LOVE		GLUTES & ABS		AQUA BOXING		TRX SUSPENSION TRAINING		SPINAL MOBILITY		MAT PILATES	
17:00-17:30 Yantra Hall Hosted by Priyanka		18:00 - 19:00 Yantra Hall Celebrating life, joy and love with the Satva meditation band at Kamalaya. Immerse yourself in spiritual upliftment through the ancient practice of Kirtan. Complimentary for in-house guests Hosted by Satva kirtan band		15:45-16:30 Yantra Hall All Levels Hosted by Mook		15:45-16:30 Yantra Hall All Levels Hosted by Fai		15:45-16:30 Lap Pool All Levels, Max. 10 pax Please reserve at Wellness Reception Hosted by Due		15:45-16:30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Sacha		15:45-16:30 Yantra Hall All Levels Hosted by Jinny	
MOVIE NIGHT		TRATAKA MEDITATION (Focused meditation)		QI GONG		YOGA NIDRA (Yogic Sleep)		HERBAL WALK		PRANAYAMA			
20:00 Gallery HEMA HEMA (Drama) A striking meditation on self-discovery, and the delicate space between lives, where transformation quietly begins. Everyone is welcome		17:00-17:45 Gallery Hosted by Adi		17:00-17:45 Meet at Yantra Lawn All Levels Hosted by Master Song		17:00-17:30 Yantra Hall All Levels, Max 15 pax Please reserve at Wellness Reception. Please arrive 15 mins early. Late arrivals may be denied entry. Hosted by Adi		17:00-17:30 Yantra Hall All Levels, Max. 8 pax Please reserve at Wellness Reception 24 hrs in advance Hosted by Marie		17:00-18:00 Yantra Hall All Levels Hosted by Priyanka			

● 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. Guests joining more than 5 minutes after the scheduled start time may be denied entry to avoid disruptions. 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.