

HOLISTIC ACTIVITY SCHEDULE 28 OCTOBER - 3 NOVEMBER

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1	SATURDAY 2	SUNDAY 3
Walking Meditation Where: Yoga Pavilion Beginners Welcome Host: Sujay When: 07.30-08.30	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao When: 07.30-08.30	Pranayama Where: Yoga Pavilion Beginners Welcome Host: Sujay When: 07.30-08.15	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao When: 07.30-08.30	Vinyasa Yoga Ashtanga Inspired Where: Yoga Pavilion Intermediate Level Host: Dheeraj When: 08.45-09.45	Pranayama Where: Yoga Pavilion Beginners Welcome Host: Smitha When: 07.30-08.15	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao When: 07.30-08.30
Stretching Where: Yoga Pavilion Beginners Welcome Host: Caroline When: 08.45-09.45	Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Sandrine When: 08.45-09.45	Power Yoga Where: Yoga Pavilion Intermediate Level Host: Dheeraj When: 08.45-09.45	Vinyasa Yoga Slow Flow Where: Yoga Pavilion Beginners Welcome Host: Dheeraj When: 08.45-09.45		Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Dheeraj When: 08.45-09.45	Vinyasa Yoga Dynamic Flow Where: Yoga Pavilion Intermediate Level Host: Dheeraj When: 08.45-09.45
Eating by the Season Chinese Health Guidelines Where: Gallery Host: Bernie When: 10.30-11.30	Herbs and Spices in Thai Cuisine Where: Gallery Host: Sasi When: 12.00-13.00	Stress Dissolution Talk Where: Gallery Host: Smitha When: 10.30-11.30	Join Kamalaya Team to Admire Spirit Houses Where: Meet at Reception Host: Kamalaya Team When: 09.45-10.30	Functional Circuit Where: Padma Fitness 2 Intermediate Level Maximum 8 pax <i>Please book at Wellness Reception in advance</i> Host: Mikey When: 10.30-11.30	Pilates Basic Where: Yantra Hall Beginners Welcome Maximum 16 pax <i>Please book at Wellness Reception in advance</i> Host: Jinny When: 10.30-11.30	Awakening Emotional Intelligence Workshop Where: Gallery Host: Sujay When: 10.30-12.30
Cooking Class Inspiring Healthy Thai Cuisine Where: Soma Restaurant Maximum 4 pax THB 2,250++ / person* <i>Please book at Reception 24 hrs in advance</i> Host: Chef When: 14.00-16.00		Cooking Class Inspiring Healthy Detox Cuisine Where: Soma Restaurant Maximum 4 pax THB 2,250++ / person* <i>Please book at Reception 24 hrs in advance</i> Host: Chef When: 14.00-16.00	Samui Island Tour ** Where: Meet at Reception Minimum 4 pax THB 800++ / person* <i>Please book at Reception 24 hrs in advance</i> Host: Ribbin When: 10.00-14.30	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Minimum 5 pax THB 1,250++ / person* <i>Please book at Wellness Reception in advance</i> Host: Jinny When: 14.30-15.30	Sleep Where: Gallery Host: Kelly When: 12.00-13.00	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Minimum 5 pax THB 1,250++ / person* <i>Please book at Wellness Reception in advance</i> Host: Jinny When: 14.30-15.30
Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++ / person* <i>Please book at Wellness Reception in advance</i> Host: Jinny When: 14.30-15.30	Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao <i>Complimentary for Kamalaya Guests Drop in anytime!</i> When: 15.00-17.00	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++ / person* <i>Please book at Wellness Reception in advance</i> Host: Em When: 14.30-15.30	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++ / person* <i>Please book at Wellness Reception in advance</i> Host: Em When: 14.30-15.30	Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao <i>Complimentary for Kamalaya Guests Drop in anytime!</i> When: 15.00-17.00	Thai Temples Tour ** Where: Meet at Reception THB 1,000++ / person* <i>Please book at Reception 24 hrs in advance</i> Host: Ribbin When: 14.00-17.00	Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao <i>Complimentary for Kamalaya Guests Drop in anytime!</i> When: 15.00-17.00
Yin Yoga Where: Yoga Pavilion Beginners Welcome Host: Chris When: 16.00-17.00	Functional Circuit Where: Padma Fitness 2 Intermediate Level Maximum 8 pax <i>Please book at Wellness Reception in advance</i> Host: Andrew When: 16.00-17.00	Stretching Where: Yoga Pavilion Beginners Welcome Host: Mikey When: 16.00-17.00	HIIT and Core Where: Yoga Pavilion Intermediate Level Maximum 14 pax <i>Please book at Wellness Reception in advance</i> Host: Caroline When: 16.00-17.00	Stretching Where: Yoga Pavilion Beginners Welcome Host: Due When: 16.00-17.00	Gyrokinesis Movement Where: Yantra Hall Beginners Welcome Maximum 8 pax <i>Please book at Wellness Reception in advance</i> Host: Mic When: 16.00-17.00	HIIT and Core Where: Yoga Pavilion Intermediate Level Maximum 14 pax <i>Please book at Wellness Reception in advance</i> Host: Due When: 16.00-17.00
Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome Host: Due When: 17.15-18.00	Loving Kindness Meditation Where: Yantra Hall Basic Knowledge Required Host: Sujay When: 17.30-18.00	Evening Meditation Where: Yantra Hall Beginners Welcome Host: Smitha When: 17.30-18.00	Visualization for Positive Thinking Where: Gallery Maximum 15 pax Host: Shilpa <i>Please book at Wellness Reception in advance</i> When: 17.15-18.15	Evening Meditation Where: Yoga Pavilion Beginners Welcome Host: Smitha When: 17.30-18.00	Mindfulness Based Practices Where: Yantra Hall Beginners Welcome Host: Harnoor When: 17.30-18.00	Mindfulness Based Practices Where: Yantra Hall Beginners Welcome Host: Harnoor When: 17.30-18.00
Craniosacral Balancing and Vibrational Healing Massage Therapy Introduction Where: Gallery Host: Carol Kandell When: 18.30-19.15	Movie Night: What the Bleep Do We Know? Where: Gallery Genre: Documentary When: 20.00-22.00	Thai Market Night Where: In Front of Kamala Boutique & Gallery When: 18.30-20.30		Introduction to Five Senses Therapy Where: Gallery Host: Richard Girolami When: 18.30-19.15	Movie Night: The Bucket List Where: Gallery Genre: Comedy, Drama When: 20.00-21.30	Reiki Introduction Where: Gallery Host: Ronan Cullen When: 18.30-19.15

- 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

"Slow down, relax, and listen, the sounds of nature, the elements, and the music in your soul... these are all gates into the infinite Source within."
 -Karina Stewart

