

HOLISTIC ACTIVITY SCHEDULE

MONDAY		TUESDAY 15		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
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		Chakra Meditation Where: Gallery Basic Knowledge Required Host: Smitha 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: Smitha When: 07.30-08.15		Meditation Where: Yoga Pavilion Beginners Welcome Host: River When: 07.30-08.30		Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Dana When: 08.45-09.45		Vinyasa Yoga Ashtanga Inspired Where: Yantra Hall Intermediate Level Host: Susu When: 08.45-09.45	
Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 08.30-09.45	Vinyasa Yoga Ashtanga Inspired Where: Yantra Hall Intermediate Level Host: Mew When: 08.30-09.45	Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Jenni When: 08.45-09.45		Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 08.30-09.45	Sivananda Inspired Yoga Where: Yantra Hall Intermediate Level Host: Dana When: 08.30-09.45	Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 08.45-09.45	Vinyasa Yoga Ashtanga Inspired Where: Yantra Hall Intermediate Level Host: Dana When: 08.45-09.45	Vinyasa Yoga Slow Flow Where: Yoga Pavilion Beginners Welcome Host: Mew When: 08.30-09.45	Sivananda Inspired Yoga Where: Yantra Hall Intermediate Level Host: Dana When: 08.30-09.45	Vinyasa Yoga Slow Flow Where: Yoga Pavilion Beginners Welcome Host: Dana When: 08.45-09.45	Qi Gong Where: Yantra Hall Beginners Welcome Host: San Bao When: 08.45-09.45				
Samui Island Tour ** Where: Meet at Reception Host: Ribbin THB 800++/person* Maximum 8 pax, Minimum 4 pax Please book at Reception 24 hrs in advance When: 10.00-14.30		Havan Fire Ceremony Where: Yantra Hall Lawn Area Host: Kamalaya Team Complimentary for Kamalaya Guests When: 10.00-11.00		STS Suspension Training Where: Yoga Pavilion Advanced Level Maximum 14 pax Host: Due Please book at Wellness Reception in advance When: 10.30-11.30		Join Kamalaya Team to Admire Spirit Houses Where: Meet at Reception Host: Kamalaya Team When: 09.45-10.30		Salsa Dancing Where: Yantra Hall Beginners Welcome Host: Valerie When: 10.30-11.30		Thai Temples Tour ** Where: Meet at Reception Host: Ribbin THB 1,000++/person Please book at Reception 24 hrs in advance When: 10.00-13.00		Fitball Where: Yantra Hall Intermediate Level Maximum 8 pax Host: Due Please book at Wellness Reception in advance When: 10.30-11.30			
Stress Dissolution Talk Where: Gallery Host: Smitha (Kamalaya Meditation Practitioner) When: 10.30-11.30		Cholesterol: The Good, the Bad and the Ugly Where: Gallery Host: Francois (Kamalaya Naturopath) When: 12.00-13.00		Cooking Class Inspiring Healthy Detox Cuisine Where: Soma Restaurant Host: Chef THB 2,250++/ person* Maximum 4 pax Please book at Reception 24 hrs in advance When: 14.00-16.30		Journey Into The Heart Workshop Where: Gallery Host: Rajesh (Kamalaya Meditation Practitioner) When: 10.30-12.30		First Aid Homeopathy Where: Gallery Host: Leila (Kamalaya Naturopath) When: 12.00-13.00		Boat Trip Kamalaya Sunset Cruise Where: Meet at Reception Host: Kamalaya Team THB 2,550++/ person* Please book at Reception 24 hrs in advance When: 15.30-19.00		Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao Complimentary for Kamalaya Guests Drop in anytime! When: 15.00-17.00			
Cooking Class Inspiring Healthy Thai Cuisine Where: Soma Restaurant Host: Chef THB 2,250++/ person* Maximum 4 pax Please book at Reception 24 hrs in advance When: 14.00-16.00		Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao Complimentary for Kamalaya Guests Drop in anytime! When: 15.00-17.00						Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao Complimentary for Kamalaya Guests Drop in anytime! When: 15.00-17.00							
Reformer Pilates Plus Where: Padma Fitness Advanced Level Maximum 7 pax Host: Jasmin Please book at Wellness Reception in advance When: 16.00-17.00		Pilates Basics Where: Yantra Hall Beginners Welcome Maximum 16 pax Host: Benz Please book at Wellness Reception in advance When: 16.00-17.00		Stretching Where: Yoga Pavilion Beginners Welcome Host: Poom When: 16.00-17.00		Gyrokinesis Movement Where: Yantra Hall Beginners Welcome Maximum 8 pax Host: Mona Please book at Wellness Reception in advance When: 16.00-17.00		Qi Movement Where: Yantra Hall Beginners Welcome Maximum 16 pax Host: Susu Please book at Wellness Reception in advance When: 16.00-17.00		Pilates with Props Where: Yantra Hall Intermediate Level Maximum 16 pax Host: Mew Please book at Wellness Reception in advance When: 16.00-17.00		Pilates Basics Where: Yantra Hall Beginners Welcome Maximum 16 pax Host: Mew Please book at Wellness Reception in advance When: 16.00-17.00			
Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimsuit) Host: Rit When: 17.15-18.00		Meditation for Deep Relaxation Where: Yantra Hall Beginners Welcome Host: Smitha 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		Evening Meditation Where: Yantra Hall Beginners Welcome Host: River When: 17.30-18.00		Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimsuit) Host: Poom When: 17.15-18.00		Qi Gong Where: Yantra Hall Lawn Area Beginners Welcome Host: Dr. Song When: 17.15-18.15			
Craniosacral Balancing and Vibrational Healing Massage Therapy Introduction Where: Gallery Host: Carol Kandell When: 18.30-19.15		Movie Night: Fat, Sick & Nearly Dead Where: Gallery Genre: Documentary When: 20.00-21.30		Thai Market Night Where: In Front of Kamalaya Boutique & Gallery When: 18.30-20.30		Roifing Introduction Where: Gallery Host: Anna Collins When: 18.30-19.15		Bach Flower Remedies with Energy and Spiritual Healing Introduction Where: Gallery Host: Miho Sakamoto When: 18.30-19.15		Movie Night: Live and Let Live Where: Gallery Genre: Documentary When: 20.00-21.30		Reki 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

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

