

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pranayama Where: Yoga Pavilion Beginners Welcome Host: Dheeraj When: 07.30-08.15	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: Dr. Kanita When: 07.30-08.30	Vinyasa Yoga Dynamic Flow Where: Yoga Pavilion Intermediate Level Host: Rainy When: 08.45-09.45	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: Dr. Kanita When: 07.30-08.30	Tai Chi Where: Yoga Pavilion Beginners Welcome Host: Jinny When: 07.30-08.30	Pranayama Where: Yoga Pavilion Beginners Welcome Host: Dheeraj When: 07.30-08.15	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao When: 07.30-08.30
Power Yoga Where: Yoga Pavilion Intermediate Level Host: Rainy When: 08.45-09.45	Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 08.45-09.45	Host: Rainy When: 08.45-09.45	Gentle yoga Where: Yoga Pavilion Beginners Welcome Host: Dheeraj When: 08.45-09.45	Intro Ashtanga Yoga Where: Yoga Pavilion All Levels Host: Dheeraj When: 08.45-09.45	Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Mook When: 08.45-09.45	Vinyasa Yoga Dynamic Flow Where: Yoga Pavilion Intermediate Level Host: Dheeraj When: 08.45-09.45
Cooking Class Inspiring Healthy Thai Cuisine Where: Soma Restaurant Maximum 4 pax THB 2,250++ / person* Host: Chef <i>Please book at Reception 24 hrs in advance</i> When: 14.00-16.00	Thai Temples Tour ** Where: Meet at Reception Host: Ribbin THB 1,000++/person* <i>Please book at Reception 24 hrs in advance</i> When: 14.00-17.00	Cooking Class Inspiring Healthy Detox Cuisine Where: Soma Restaurant Maximum 4 pax THB 2,250++ / person* Host: Chef <i>Please book at Reception 24 hrs in advance</i> When: 14.00-16.00	Join Kamalaya Team to Admire Spirit Houses Where: Meet at Reception Host: Kamalaya Team When: 09.45-10.30	Samui Island Tour ** Where: Meet at Reception Minimum 4 pax THB 800++ / person* Host: Ribbin <i>Please book at Reception 24 hrs in advance</i> When: 10.00-14.30	Chinese Wisdom for Daily Use Where: Gallery Host: Caetana When: 12.00-13.00	Pilates Basic Where: Yantra Hall Beginners Welcome Maximum 16 pax Host: Mona <i>Please book at Wellness Reception in advance</i> When: 10.30-11.30
Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++ / person* Host: Jinny <i>Please book at Wellness Reception in advance</i> When: 14.30-15.30	Host: Ribbin THB 1,000++/person* <i>Please book at Reception 24 hrs in advance</i> When: 14.00-17.00	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++ / person* Host: Em <i>Please book at Wellness Reception in advance</i> When: 14.30-15.30	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++ / person* Host: Jinny <i>Please book at Wellness Reception in advance</i> When: 14.30-15.30	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++ / person* Host: Em <i>Please book at Wellness Reception in advance</i> When: 14.30-15.30	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++ / person* Host: Benz <i>Please book at Wellness Reception in advance</i> 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
Yin Yoga Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 16.00-17.00	Pilates Basic Where: Yantra Hall Beginners Welcome Maximum 16 pax Host: Mona <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00	Stretching Where: Yoga Pavilion Beginners Welcome Host: Poom When: 16.00-17.00	Functional Circuit Where: Padma 2 Intermediate Level Maximum 8 pax Host: Mikey <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00	Stretching Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 16.00-17.00	Gyrokinesis Movement Where: Yantra Hall Beginners Welcome Maximum 8 pax Host: Mic <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00	HIIT and Core Where: Yantra Hall Intermediate Level Maximum 14 pax Host: Due <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00
Mindfulness Based Meditation Where: Yantra Hall Beginners Welcome Host: Harnoor When: 17.30-18.00	Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome Host: Mikey When: 17.15-18.00	Astrology & Palmistry Introduction Where: Gallery Host: Omesh Langmann When: 18.30-19.15	Full Moon Gong Bathing Meditation Where: Yantra Hall Beginners Welcome Host: Svetlana and Sergey When: 17.00-18.30	Mindfulness Based Meditation Where: Yantra Hall Beginners Welcome Host: Harnoor When: 17.30-18.00	Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome Host: Caroline When: 17.15-18.00	Loving Kindness Meditation Where: Yantra Hall Basic Knowledge Required Host: Sujay When: 17.30-18.00
Introduction to Structural, Visceral and Cranial Treatment Where: Gallery Host: Neri Aziz When: 18.30-19.15	Movie Night: The Man Who Knew Infinity Where: Gallery Genre: Biography, Drama When: 20.00-22.00	Host: Omesh Langmann When: 18.30-19.15	Host: Svetlana and Sergey When: 17.00-18.30	Host: Harnoor When: 17.30-18.00	Movie Night: Sherpa Where: Gallery Genre: Documentary When: 20.00-22.00	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

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



feel life's potential