

HOLISTIC ACTIVITY SCHEDULE 06 - 12 JANUARY 2025

MONDAY 6		TUESDAY 7		WEDNESDAY 8		THURSDAY 9		FRIDAY 10		SATURDAY 11		SUNDAY 12	
PRANAYAMA		QI GONG		MORNING MEDITATION		QI GONG		MORNING MEDITATION		CHAKRA MEDITATION		QI GONG	
07.45 - 08.30 Yoga Pavilion All Levels Hosted by Krishnaraj		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao		07.45 - 08.30 Yoga Pavilion All Levels Hosted by Praveena		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao		07.45 - 08.30 Yoga Pavilion All Levels Hosted by Srinivas		07.45 - 08.30 Yoga Pavilion All Levels Hosted by Krishnaraj		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao	
THERAPEUTIC YOGA	VINYASA FLOW YOGA	HATHA YOGA	YIN YOGA	THERAPEUTIC YOGA	VINYASA FLOW YOGA	HATHA YOGA	ASHTANGA YOGA	HATHA YOGA	YIN YOGA	YIN YOGA	THERAPEUTIC YOGA	HATHA YOGA	VINYASA FLOW YOGA
08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yantra Hall Intermediate Level Hosted by Mew	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	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 Valerie	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Bee	08.45 - 09.45 Yantra Hall Intermediate Level Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Mew	08.45 - 09.45 Yantra Hall All Levels Hosted by Snehal	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yantra Hall All Levels Hosted by Snehal	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Jyoti	08.45 - 09.45 Yantra Hall Intermediate Level Hosted by Snehal
REFORMER PILATES		REFORMER PILATES		REFORMER PILATES		SPIRIT HOUSE PILGRIMAGE		SAMUI ISLAND CULTURAL TOUR		REFORMER PILATES		REFORMER PILATES	
10.45 - 11.45 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 Pae		09.45 - 10.30 Meet at Reception Hosted by Kamalaya team		09.00-13.30 Meet at Reception 1,500++ THB/person, Max. 4 pax Please reserve at Reception 24 hrs in advance Hosted by Pla		10.45 - 11.45 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Fon		10.30 - 11.30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny	
INTRODUCTION TO ANCIENT REIKI HEALING		INTRODUCTION TO CHAKRA BALANCING		INTRODUCTION TO LEADING FROM WITHIN FOR PERSONAL GROWTH		REFORMER PILATES		REFORMER PILATES		PRANAYAMA WORKSHOP "Know your breath, know your life"		RECOVERING FROM BURNOUT IN MODERN SOCIETY	
12.00-13.00 Gallery Hosted by Ronan		12.00-12.30 Gallery Hosted by Gill		12.00 - 13.00 Gallery Hosted by Nicky		10.45 - 11.45 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 Jinny		12.00 - 13.00 Gallery Hosted by Jyoti		12.00-13.00 Gallery Hosted by KB	
COOKING CLASS		TEA SHARING		COOKING CLASS		REEF TALK		HOW TO DO A DETOX AT HOME		KAMALAYA SUNSET CRUISE		TEA SHARING	
HEALTHY THAI CUISINE		MEET NEW FRIENDS		HEALTHY DETOX CUISINE		14.00-14.45		12.00-13.00		14.00 - 18.30		15.00 - 17.00	
12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		15.00 - 17.00 Alchemy Lounge Complimentary for all guests Drop in anytime! Hosted by San Bao		12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef		Gallery Hosted by Pla		Gallery Hosted by Tara		Meet at Reception 3,750++ THB/person, Max. 8 pax Please reserve at Reception 24 hrs in advance Hosted by Kamalaya Team		Alchemy Lounge Complimentary for all guests Drop in anytime! Hosted by San Bao	
				REFORMER PILATES		TEA SHARING		REFORMER PILATES					
				14.00 - 15.00 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Poom		MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Complimentary for all guests Drop in anytime! Hosted by San Bao		14.00 - 15.00 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Fon					
PILATES ON MAT		AQUA AEROBICS		SALSA DANCE		GLUTES AND ABS		HIIT		STRETCHING AND MOVEMENT		GLUTES AND ABS	
15.45-16.30 Yantra Hall All Levels Hosted by Poom		15.45-16.30 Lap Pool All Levels Hosted by Due		15.45-16.45 Gallery All Levels Hosted by Valerie		15.45-16.30 Yantra Hall All Levels Hosted by Chai		15.45-16.30 Yantra Hall Intermediate Level Hosted by Chai		15.45-16.30 Yantra Hall All Levels Hosted by Due		15.45-16.30 Yantra Hall All Levels Hosted by Pitcha	
CYCLIC MEDITATION		PRANAYAMA		SPINAL MOBILITY		PRANAYAMA		AQUA BIKE SPINNING CLASS		STS SUSPENSION TRAINING			
17.00-17.45 Yantra Hall Hosted by Jyoti		17.00-17.30 Yoga Pavilion Hosted by Praveena		15.45-16.30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kanan		17.00-17.30 Yantra Hall Hosted by Snehal		15.45-16.30 Lap Pool - All Levels 995++ THB/person, Max. 5 pax Please reserve at Reception Hosted by Due		15.45-16.30 Yoga Pavilion Intermediate Level, Max 8 pax Please reserve at Wellness Reception Hosted by Adam			
MOVIE NIGHT		GIFT OF LOVE		SOUND HEALING MEDITATION		THAI MARKET NIGHT AT KAMALAYA		PRANAYAMA		HERBAL WALK		EVENING MEDITATION	
20.00 Gallery THE INTOUCHABLES (Comedy/Drama)		18.00-19.00 Yantra Hall Hosted by Satva kirtan band		17.00-18.00 Yantra Hall All Levels, Max. 25 pax Please reserve at Wellness Reception Hosted by Svetlana		18.30 - 21.00 Kamala Boutique "In-house night market"		17.00-17.30 Yantra Hall Hosted by Anushree		16.00-17.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception 24 hrs in advance Hosted by Amy		17.00-17.30 Yantra Hall Hosted by Praveena	

● 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. 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.