

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 12.00-13.00 Gallery Hosted by Ronan | | INTRODUCTION TO CHAKRA BALANCING 12.00-12.30 Gallery Hosted by Gill | | INTRODUCTION TO LEADING FROM WITHIN FOR PERSONAL GROWTH 12.00 - 13.00 Gallery Hosted by Nicky | | 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 | | REFORMER PILATES 10.30 - 11.30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Jinny | | PRANAYAMA WORKSHOP "Know your breath, know your life" 12.00 - 13.00 Gallery Hosted by Jyoti | | RECOVERING FROM BURNOUT IN MODERN SOCIETY 12.00-13.00 Gallery Hosted by KB | | | |
| COOKING CLASS HEALTHY THAI CUISINE 12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef | | TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Complimentary for all guests Drop in anytime! Hosted by San Bao | | COOKING CLASS HEALTHY DETOX CUISINE 12.00 - 14.00 Soma Restaurant 2,250++ THB/person, Max. 5 pax Please reserve at Reception 24 hrs in advance Hosted by Chef | | REEF TALK 14.00-14.45 Gallery Hosted by Pla | | HOW TO DO A DETOX AT HOME 12.00-13.00 Gallery Hosted by Tara | | KAMALAYA SUNSET CRUISE 14.00 - 18.30 Meet at Reception 3,750++ THB/person, Max. 8 pax Please reserve at Reception 24 hrs in advance Hosted by Kamalaya Team | | TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Complimentary for all guests Drop in anytime! Hosted by San Bao | | | |
| PILATES ON MAT 15.45-16.30 Yantra Hall All Levels Hosted by Poom | | AQUA AEROBICS 15.45-16.30 Lap Pool All Levels Hosted by Due | | 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 | | TEA SHARING MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Complimentary for all guests Drop in anytime! Hosted by San Bao | | REFORMER PILATES 14.00 - 15.00 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Fon | | GLUTES AND ABS 15.45-16.30 Yantra Hall All Levels Hosted by Due | | STRETCHING AND MOVEMENT 15.45-16.30 Yantra Hall All Levels Hosted by Due | | GLUTES AND ABS 15.45-16.30 Yantra Hall All Levels Hosted by Pitcha | |
| CYCLIC MEDITATION 17.00-17.45 Yantra Hall Hosted by Jyoti | | PRANAYAMA 17.00-17.30 Yoga Pavilion Hosted by Praveena | | SPINAL MOBILITY 15.45-16.30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kanan | | 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 | | AQUA BIKE SPINNING CLASS 15.45-16.30 Lap Pool - All Levels 995++ THB/person, Max. 5 pax Please reserve at Reception Hosted by Due | | STS SUSPENSION TRAINING 15.45-16.30 Yoga Pavilion Intermediate Level, Max 8 pax Please reserve at Wellness Reception Hosted by Adam | | GLUTES AND ABS 15.45-16.30 Yantra Hall All Levels Hosted by Pitcha | |
| MOVIE NIGHT 20.00 Gallery THE INTOUCHABLES (Comedy/Drama) | | GIFT OF LOVE 18.00-19.00 Yantra Hall Hosted by Satva kirtan band | | SOUND HEALING MEDITATION 17.00-18.00 Yantra Hall All Levels, Max. 25 pax Please reserve at Wellness Reception Hosted by Svetlana | | THAI MARKET NIGHT AT KAMALAYA 18.30 - 21.00 Kamala Boutique "In-house night market" | | PRANAYAMA 17.00-17.30 Yantra Hall Hosted by Anushree | | HERBAL WALK 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 | | EVENING MEDITATION 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.