

HOLISTIC ACTIVITY SCHEDULE 19 - 25 AUGUST

MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
Walking Meditation Where: Yoga Pavilion Beginners Welcome Host: Rajesh 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: Rajesh When: 07.30-08.15	Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao When: 07.30-08.30	Beach Fitness **** Where: Kamalaya Beach Intermediate Level (Please wear sport shoes) Host: Andrew When: 07.30-08.15	Pranayama Where: Yoga Pavilion Beginners Welcome Host: Smitha When: 07.30-08.15	Pilates with Props Where: Yantra Hall Beginners Welcome Maximum 16 pax
Stretching Where: Yoga Pavilion Beginners Welcome Host: Caroline When: 08.45-09.45	Vinyasa Yoga Ashtanga Inspired Where: Yoga Pavilion Intermediate Level Host: Rainy When: 08.45-09.45	Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Rainy When: 08.30-09.45	Vinyasa Yoga Dynamic Flow Where: Yoga Pavilion Intermediate Level Host: Dana When: 08.45-09.45	Vinyasa Yoga Slow Flow Where: Yoga Pavilion Beginners Welcome Host: Dana When: 08.45-09.45	Sivananda Inspired Yoga Where: Yoga Pavilion Intermediate Level Host: Dana When: 08.30-09.45	<i>Please book at Wellness Reception in advance</i> Host: Jinny When: 08.45-09.45
Stress Dissolution Talk Where: Gallery Host: Rajesh When: 10.30-11.30	Eating by the Season Chinese Health Guidelines Where: Gallery Host: Bernie When: 10.30-11.30	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	Join Kamalaya Team to Admire Spirit Houses Where: Meet at Reception Host: Kamalaya Team When: 09.45-10.30 Journey Into The Heart Workshop Where: Gallery Host: Smitha When: 10.30-12.30	Salsa Dancing Where: Yantra Hall Beginners Welcome Host: Valerie When: 10.30-11.30 First Aid Homeopathy Where: Gallery Host: Leila When: 12.00-13.00	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++/ person* Host: Benz When: 14.30-15.30	Understanding and Self-Care with Reflexologies Where: Gallery Host: Caetana When: 10.30-11.30
Cooking Class Inspiring Healthy Thai Cuisine Where: Soma Restaurant THB 2,250++/ person* Maximum 4 pax <i>Please book at Reception 24 hrs in advance</i> Host: Chef When: 14.00-16.00	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	Cooking Class Inspiring Healthy Detox Cuisine Where: Soma Restaurant THB 2,250++/ person* Maximum 4 pax <i>Please book at Reception 24 hrs in advance</i> Host: Chef When: 14.00-16.30	Reformer Pilates Plus Where: Padma Fitness Intermediate Level Maximum 5 pax THB 1,250++/ person* 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	Boat Trip Kamalaya Sunset Cruise Where: Meet at Reception THB 3,000++/ person* Host: Kamalaya Team When: 13.00-19.00	Thai Temples Tour ** Where: Meet at Reception THB 1,000++/person* Host: Ribbin When: 14.00-17.00
Pilates Intermediate Where: Yantra Hall Intermediate Level Maximum 16 pax <i>Please book at Wellness Reception in advance</i> Host: Benz When: 16.00-17.00	HIIT and Core Where: Yoga Pavilion Intermediate Level Maximum 14 pax Host: Mikey When: 16.00-17.00	STS Suspension Training Where: Yoga Pavilion Intermediate Level Maximum 14 pax Host: Mikey When: 16.00-17.00	Gyrokinesis Movement Where: Yantra Hall Beginners Welcome Maximum 8 pax Host: Mona When: 16.00-17.00	Pilates Intermediate Where: Yantra Hall Intermediate Level Maximum 16 pax Host: Jinny When: 16.00-17.00	Stretching Where: Yoga Pavilion Beginners Welcome Host: Due When: 16.00-17.00	Fitball Where: Yantra Hall Intermediate Level Maximum 8 pax Host: Poom 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: Smitha When: 17.30-18.00 Traditional Japanese Acupuncture and Qi Gong Introduction Where: Gallery Host: Dr. Harada When: 18.30-19.15	Evening Meditation Where: Yantra Hall Beginners Welcome Host: Smitha When: 17.30-18.00 Thai Market Night Where: In Front of Kamala Boutique & Gallery When: 18.30-20.30	Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome Host: Em When: 17.15-18.00	Evening Meditation Where: Yantra Hall Beginners Welcome Host: Rajesh When: 17.30-18.00	Visualization for Positive Thinking Where: Gallery Host: Shilpa When: 17.15-18.15 Movie Night: Vegucated Where: Gallery Genre: Documentary When: 20.00-21.15	Evening Meditation Where: Yantra Hall Beginners Welcome Host: Harnoor When: 17.30-18.00 Traditional Japanese Acupuncture and Qi Gong Introduction Where: Gallery Host: Dr. Harada 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