

HOLISTIC ACTIVITY SCHEDULE 22 - 28 JANUARY

MONDAY 22		TUESDAY 23		WEDNESDAY 24		THURSDAY 25		FRIDAY 26		SATURDAY 27		SUNDAY 28	
Chakra Meditation Where: Padma Fitness Basic Knowledge Required Host: Sujay 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		Qi Gong Where: Yoga Pavilion Beginners Welcome Host: San Bao When: 07.30-08.30		Meditation Where: Yoga Pavilion Beginners Welcome Host: River When: 07.30-08.30		Pranayama Where: Yoga Pavilion Beginners Welcome Host: Rajesh When: 07.30-08.15		360 Circuit Training Where: Padma Fitness Intermediate Level Maximum 9 pax Host: Due <i>Please book at Wellness Reception in advance</i> When: 07.30-08.30	
Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Gai When: 08.45-09.45	Vinyasa Yoga Ashtanga Inspired Where: Yantra Hall Intermediate Level Host: Mew When: 08.45-09.45	Vinyasa Yoga Slow Flow Where: Yoga Pavilion Basic Knowledge Required Host: Mew When: 08.45-09.45	Hatha Yoga Where: Yoga Pavilion Beginners Welcome Host: Mew When: 08.30-09.45	Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Pippa When: 08.45-09.45	Vinyasa Yoga Dynamic Flow Where: Yantra Hall Intermediate Level Host: Gai When: 08.45-09.45	Awareness Through Movement Where: Yoga Pavilion Beginners Welcome Host: Jacqueline When: 08.45-09.45	Vinyasa Yoga Slow Flow Where: Yantra Hall Basic Knowledge Required Host: Pippa When: 08.45-09.45	Vinyasa Yoga Ashtanga Inspired Where: Yoga Pavilion Intermediate Level Host: Mew When: 08.30-09.45	Qi Gong Where: Yantra Hall Beginners Welcome Host: San Bao When: 08.30-09.30	Gentle Yoga Where: Yoga Pavilion Beginners Welcome Host: Gai When: 08.45-09.45	Vinyasa Yoga Dynamic Flow Where: Yantra Hall Beginners Welcome Host: Anouk When: 08.45-09.45		
Mindfulness in Everyday Life Talk Where: Gallery Host: River When: 10.30-11.30		Samui Island Tour ** Where: Meet at Reception Host: Ribbin THB 800++/person* Maximum 8 pax Minimum 4 pax <i>Please book at Reception 24 hrs in advance</i> When: 10.00-14.30		Journey into The Heart Workshop Where: Gallery Host: Sujay When: 10.30-12.30		Join Kamalaya Team to Admire Spirit Houses Where: Meet at Reception Host: Kamalaya Team When: 09.45-10.30		Tea Sharing Meet New Friends Where: Alchemy Lounge Host: San Bao When: 15.00-17.00		Fun Creating Watercolor Postcard Where: Alchemy Lounge Host: Ribbin Maximum 8 pax When: 14.00-15.30		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 Thai Cuisine Where: Soma Restaurant Host: Chef THB 2,250++ / person* Maximum 4 pax <i>Please book at Reception 24 hrs in advance</i> 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 with Discussions on Nutrition Where: Soma Restaurant Host: Chef THB 2,250++ / person* Maximum 4 pax <i>Please book at Reception 24 hrs in advance</i> When: 14.00-16.30		Boat Trip Kamalaya Sunset Cruise Where: Meet at Reception Host: Kamalaya Team THB 3,750++ / person* <i>Please book at Reception 24 hrs in advance</i> When: 13.00-19.00		<i>Complimentary for Kamalaya Guests Drop in anytime!</i> When: 15.00-17.00		<i>Please book at Reception 1 hr in advance</i> When: 14.00-15.30		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	
HIT and Core Where: Padma Fitness Advanced level Maximum 10 pax Host: Sila <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00		Yin Yoga Where: Yoga Pavilion Beginners Welcome Host: Pippa When: 16.00-17.00		Restorative Yoga Where: Yoga Pavilion Beginners Welcome Host: Pippa <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00		Restorative Yoga Where: Yoga Pavilion Beginners Welcome Host: Gai <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00	Stretching Where: Padma Fitness Beginners Welcome Host: Due When: 16.00-17.00	Introduction to Muay Thai Where: Padma Fitness Beginners Welcome Maximum 8 pax Host: Chris <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00	STS Suspension Training Where: Yoga Pavilion Advanced level (Please wear sport shoes) Maximum 9 pax Host: Due <i>Please book at Wellness Reception in advance</i> When: 16.00-17.00	Yin Yoga Where: Yoga Pavilion Beginners Welcome Host: Pippa When: 16.00-17.00		Pilates Where: Yoga Pavilion Beginners Welcome Host: Mew When: 16.00-17.00	
Evening Meditation Where: Yantra Hall Beginners Welcome Host: River When: 17.30-18.00		Loving Kindness Meditation Where: Yantra Hall Basic Knowledge Required Host: Smitha When: 17.30-18.00		Evening Meditation Where: Yantra Hall Beginners Welcome Host: Rajesh When: 17.30-18.00		Kamalaya Conversations: "Leading Well from Within" Where: Yantra Hall Host: Dr. Daniel Friedland <i>Complimentary for Kamalaya Guests</i> When: 17.00-19.00		Aqua Aerobics **** Where: Kamalaya Lap Pool Beginners Welcome (Please wear swimming suit) Host: Sila When: 17.15-18.00		Evening Meditation Where: Yantra Hall Beginners Welcome Host: River When: 17.30-18.00		Qi Gong Where: Yantra Hall Lawn Area Beginners Welcome Host: Dr. Song When: 17.15-18.15	
Astrology & Palmistry Introduction Where: Gallery Host: Omesh Langmann When: 18.30-19.15		Blue Light Energy Healing & Life Coaching Introduction Where: Gallery Host: Nicky Kassapian When: 18.30-19.15		The Feldenkrais Method: Functional Integration Introduction Where: Gallery Host: Jacqueline Bayne When: 18.30-19.15		Thai Market Night Where: In Front of Kamala Boutique & Gallery When: 18.30-20.30		Acoustic Sunset Concert with Mads Langer Where: Yantra Hall Host: Mads Langer <i>Complimentary for Kamalaya Guests</i> When: 18.30-19.30		Reiki Introduction Where: Gallery Host: Ronan Cullen When: 18.30-19.15		Spiritual Realignment Introduction Where: Gallery Host: Alexander & Carolin Toskar When: 18.30-19.15	
Movie Night: "Meru" Where: Gallery Movie: Meru (2015) Genre: Documentary When: 20.00-21.30		Movie Night: "Meru" Where: Gallery Movie: Meru (2015) Genre: Documentary When: 20.00-21.30		Movie Night: "Meru" Where: Gallery Movie: Meru (2015) Genre: Documentary When: 20.00-21.30		Movie Night: "Meru" Where: Gallery Movie: Meru (2015) Genre: Documentary When: 20.00-21.30		Movie Night: "Food, Inc" Where: Gallery Movie: Food, Inc (2009) Genre: Documentary When: 20.00-21.30		Movie Night: "Food, Inc" Where: Gallery Movie: Food, Inc (2009) Genre: Documentary When: 20.00-21.30		Movie Night: "Food, Inc" Where: Gallery Movie: Food, Inc (2009) Genre: Documentary When: 20.00-21.30	

- 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

"Follow your heart...
 awaken your mind & spirit...
 fulfill your destiny."
 -Karina Stewart

