



WEEKLY SCHEDULE 19TH - 25TH AUGUST 2019

START TIME	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25
6:00 - 7:30	BIG BUDDHA 4KM HIKE Stanton & Francesco		BIG BUDDHA 4KM HIKE Luciana & Francesco		BIG BUDDHA 4KM HIKE Tamara & Luciana		
6:15 - 7:15		FLAT WALK OR RUN AROUND NAIHARN LAKE Max		WINDMILL WALK Ben		SUNRISE YOGA @ NAIHARN BEACH Hannah OR BEACH WALK @ NAIHARN BEACH	PROMTHER CAPE NATURE TREK Hannah & Ben (07:45 - 09:00)
07:00 - 08:00 BREAKFAST							
8:00 - 9:00	BIKRAM YOGA 60 Minute Express @ RAW.HOT YOGA STUDIO Jenny	BIKRAM YOGA 60 Minute Express @ RAW.HOT YOGA STUDIO Jay	BIKRAM YOGA 60 Minute Express @ RAW.HOT YOGA STUDIO Jenny	BIKRAM YOGA 60 Minute Express @ RAW.HOT YOGA STUDIO Jay	BIKRAM YOGA 60 Minute Express @ RAW.HOT YOGA STUDIO Jenny	BIKRAM YOGA 60 Minute Express @ RAW.HOT YOGA STUDIO Jay	BIKRAM YOGA 90 Minute Express @ RAW.HOT YOGA STUDIO Jay (09:30 - 11:00)
8:00 - 9:00	HACK YOUR HABITS Tips & tricks to build positive & sustainable change Max (08:00 - 08:45)	KETOSIS: MYTHS, MISCONCEPTIONS & MADNESS The science behind the Ketogenic diet Max (08:00 - 08:45)				METABOLISM Fire up your metabolism & make more energy Melanie	
8:00 - 9:00	AERIAL YOGA Stas	AERIAL YOGA Stas		AERIAL YOGA Stas		AERIAL YOGA Stas	
9:00 - 10:00	HIIT @ RAW.FITNESS Hope & Stanton	HIIT @ BIG VILLA Max	HIIT ON THE BEACH @ NAIHARN BEACH Chris	AQUA HIIT @ MAIN VILLA POOL Chris	HIIT & SPIN @ BIG VILLA Kat	HIIT @ RAW.FITNESS Chris	HIIT & BREATHWORK SUNDAY SPECIAL @ BIG VILLA Hope (09:30 - 10:15)
10:00 - 10:45	RECOVERY INDUCTION & ICE BATH ENDURANCE Francesco		RECOVERY INDUCTION & ICE BATH ENDURANCE Francesco	RECOVERY INDUCTION & ICE BATH ENDURANCE Francesco		RECOVERY INDUCTION & ICE BATH ENDURANCE Francesco	
10:00 - 11:00	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	MUAY THAI CARDIO Moo + Team	
10:15 - 11:00	HIPPY DEEP STRETCH! WITH "HIP" NOSIS Hip opening deep stretch with guided hypnosis for emotional & physical release Max & Melanie	FOAM ROLLER RELEASE @ BIG VILLA Max	MINDFUL YOGA Mindful restorative yoga Ben	DEEP STRETCH Chris	MINDFUL YOGA Mindful restorative yoga Jenny	HOT STRETCH @ RAW.HOT YOGA STUDIO Maria	YOGA FOR INTENTION SETTING Hannah (10:30 - 11:15)
11:15 - 11:45	SO-HAM MEDITATION Relaxing mantra meditation with circular breath Hannah	JUDGEMENT DETOX Become lighter through detox of self-judgement & judgement of others Melanie	CONSCIOUS CREATION POOL MEDITATION WITH SINGING BOWLS Let go of past patterns to make room for new @ MAIN VILLA POOL May & Hannah	GOOD VIBRATIONS Sound, Bowl & Light meditation to bring on some good vibrations @ THE WHITE HOUSE Tamara & Chris		INSTANT MAGIC Quatum Jumping, perfume making meditation @ BIG VILLA Melanie	
11:30 - 12:30 LUNCH							
12:00 - 12:45	INTRO TO OUR SERVICES Learn more about the extra services we offer, how these can Supercharge your Recharge & how to book Brooke		INTRO TO OUR SERVICES Learn more about the extra services we offer, how these can Supercharge your Recharge & how to book Brooke		INTRO TO OUR SERVICES Learn more about the extra services we offer, how these can Supercharge your Recharge & how to book Brooke		
12:15 - 13:00	COOKING CLASS Healthy Indian Mukesh & Melanie	COOKING CLASS Raw vegan chilli & cauliflower rice @ PYRAMID VILLA Louella	COOKING CLASS Spice it up with alternatives to coffee Hope	COOKING CLASS Raw Superfood Chocolate @ PYRAMID VILLA Louella	COOKING CLASS Salad Dressing Playground Melanie	COOKING CLASS Thai Cuisine Nang	BOAT TRIP TO BON ISLAND Luciana (12:45 - 16:00)

SUP (TIMES VARY)	SUP BOARDING @ FRIENDSHIP BEACH Ben (12:30 - 13:30 Departing 12:15)		SUP BOARDING @ FRIENDSHIP BEACH Tamara (12:30 - 13:30 Departing 12:15)		SUP BOARDING @ FRIENDSHIP BEACH Ben (14:15 - 15:15 Departing 14:00)	SUP BOARDING @ FRIENDSHIP BEACH Tamara (14:15 - 15:15 Departing 14:00)	
TALKS 13:00 - 14:00	4 STEPS TO LONG TERM SUCCESS Ends with a Q&A Craig (13:00 - 14:30)	BREATHING 101 Basic breathing techniques for fitness Chris	HEAL EMOTIONAL EATING Learn how to stop using food as your coping mechanism Sam	JUICE CLEANSING, COCONUT OIL FASTING & INTERMITTENT FASTING Effective Techniques to Detox, Balance Hormones & Lose Weight Melanie	PROTEIN 101 Simplifying the when & what of Protein intake Chris	TRANSFORM YOUR GUT HEALTH Collagen Regeneration: Diet & Treatment Melanie	MUAY THAI FUNDAY Moo & Team
14:15 - 15:15	STRENGTH @ RAW.FITNESS Chris	STRENGTH @ RAW.FITNESS Eric	STRENGTH @ BIG VILLA Hope	STRENGTH @ RAW.FITNESS Eric	TRX STRENGTH @ BIG VILLA Kat	STRENGTH @ RAW.FITNESS Eric	
14:30 - 15:30	HOW TO BREAK BAD HABITS & START LIVING YOUR BEST LIFE Brooke		LITTLE MISS RAW MASTERCLASS Learn to enhance your detox with chemical-free skincare @ PYRAMID VILLA Louella				
15:30 - 16:30	EMOTIONAL RESILIENCE Learn tools and techniques to locate & clear trapped emotions, how to change limiting beliefs & become bulletproof against rejection Sophie	FIRE & ICE BREAKTHROUGH An active breathwork meditation using the steam room & ice bath Francesco	SOMA BREATHWORK Breathwork combined with music to manifest your intention @ THE WHITE HOUSE Jenny		FIRE & ICE BREAKTHROUGH An active breathwork meditation using the steam room & ice bath Francesco	THE BREATHING CLINIC Re-establish proper breathing techniques that will dramatically improve your physical & mental health @ THE WHITE HOUSE Rita (15:30 - 17:00)	
15:30 - 16:30		MINDFUL PAINTING @ BIG VILLA Luciana		SPIN CLASS Low impact cardio workout with some motivating music @ BIG VILLA Kat		ART FOR HEALING @ BIG VILLA Luciana	
16:30 - 17:30	YOGA BASICS Hannah			FLOW YOGA Suitable for all levels Hannah		HATHA YOGA Deep & slow for all levels Ben	
16:30 - 17:30	BIKRAM-STYLE HOT YOGA @ RAW.HOT YOGA STUDIO Maria		FIGHTERS FLOW Focus on mobility & range of motion. Reduce injury & recover smart! @ RAW.HOT YOGA STUDIO Maria		BIKRAM-STYLE HOT YOGA @ RAW.HOT YOGA STUDIO Maria		
16:30 - 17:30	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	MUAY THAI SKILLS Moo + Team	
17:30 - 18:15	SUNSET BEACH CHILLOUT @ NAIHARN BEACH	SUNSET BEACH CHILLOUT @ NAIHARN BEACH	SUNSET BEACH CHILLOUT @ NAIHARN BEACH	SUNSET BEACH CHILLOUT @ NAIHARN BEACH	SUNGAZING MEDITATION ON THE OCEAN ROCKS Healing meditation. Uneven hike over the rocks - wear trainers @ PROMTHEP CAPE Ben (17:15 - 18:30 Departing 17:00)	SUNSET BEACH CHILLOUT @ NAIHARN BEACH	
17:35 - 18:30	YIN RESTORATIVE YOGA Heart & hip opening yoga Hannah	YIN RESTORATIVE YOGA Heart & hip opening yoga Stas	YIN RESTORATIVE YOGA Heart & hip opening yoga Stas	YIN RESTORATIVE YOGA Heart & hip opening yoga Hannah		YIN RESTORATIVE YOGA Heart & hip opening yoga Ben	
18:00 - 19:00 DINNER							
EVENING ACTIVITIES (TIMES VARY)	ANCIENT YOGA TIME TRAVEL MEDITATION Stretch, breath & time travel @ WHITE HOUSE Melanie & Ben (19:15 - 20:30)	SLEEP WELL How to improve your sleep quality with simple techniques & a sustainable routine @ THE WHITE HOUSE Chris (19:15 - 21:00)	TOP TOOLS TO BUILD SELF LOVE Stop perfectionism & people pleasing in its tracks Sam (19:15 - 20:45)	TRICKY TRVIA Test your knowledge & win some prizes! Chris (19:00 - 19:45)	LIFE AFTER PHUKET CLEANSE Overcoming the 5 biggest obstacles to sustainable change Sam (19:15 - 20:45)	FIVE SENSES EXPERIENCE MEDITATION A relaxing, lying-down meditation where you will experience the five senses: sight, sound, touch, smell & taste @ THE WHITE HOUSE Melanie & Rita (19:15 - 21:00)	MANTRAS & MEDITATION A combination of chanting, breathwork & Yoga Nidra. The perfect class for a restful Sunday evening @ BIG VILLA Maria (19:00 - 20:00)
				REBIRTHING BREATHWORK MEDITATION A active-breathing session that promotes emotional release & healing. Just breathe, relax & let go. This can be absolutely transformational @ THE WHITE HOUSE Rita & Tamara (19:15 - 21:00)			