

# HOLISTIC ACTIVITY SCHEDULE 30 DECEMBER 2024 - 05 JANUARY 2025

MONDAY 30		TUESDAY 31		WEDNESDAY 1		THURSDAY 2		FRIDAY 3		SATURDAY 4		SUNDAY 5	
TAI-CHI		QI GONG		QI GONG YI JIN JING		QI GONG		QI GONG YI JIN JING		MORNING MEDITATION		QI GONG	
07.45 - 08.30 Yoga Pavilion All Levels Hosted by Chai		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao		07.45 - 08.30 Yoga Pavilion All Levels Hosted by Beam		07.30 - 08.30 Yoga Pavilion All Levels Hosted by San Bao		07.45 - 08.30 Yoga Pavilion All Levels Hosted by Beam		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	Hatha Yoga	Hatha Yoga	Vinyasa Flow Yoga	Yin Yoga	Hatha Yoga	Therapeutic Yoga	Ashtanga Yoga	Yin Yoga	Hatha Yoga	Therapeutic Yoga	Ashtanga Yoga	Yin Yoga	Vinyasa Flow Yoga
08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yantra Hall All Levels Hosted by Mew	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Gallery Intermediate Level Hosted by Mew	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Jyoti	08.45 - 09.45 Gallery All Levels Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yantra Hall Intermediate Level Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yantra Hall All Levels Hosted by Fon	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Fon	08.45 - 09.45 Yantra Hall Intermediate Level Hosted by Snehal	08.45 - 09.45 Yoga Pavilion All Levels Hosted by Snehal	08.45 - 09.45 Yantra Hall Intermediate Level Hosted by Jyoti
REFORMER PILATES		REFORMER PILATES		NEW YEAR'S MONK CEREMONY		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 Poom		09.30-10.15 Admire Spirit House 10.30-11.30 Monk Ceremony Yantra Hall Meet at Reception		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 Poom		10.30 - 11.30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae	
INTRODUCTION TO ANCIENT REIKI HEALING		HOW TO FIX YOUR POSTURE		REFORMER PILATES		REFORMER PILATES		REFORMER PILATES		WHAT IS YOGA WORKSHOP "How it creates longevity and Bliss"		RECOVERING FROM BURNOUT IN MODERN SOCIETY	
12.00-13.00 Gallery Hosted by Ronan		12.00-12.30 Gallery Hosted by Eli		10.30 - 11.30 Padma Fitness All Levels 1,790++ THB/person, Max. 5 pax Please reserve at Wellness Reception Hosted by Pae		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		INTRODUCTION TO REEF'S CONNECTION TO LIFE		BUILD AN OPTIMAL SLEEP ROUTINE		KAMALAYA SUNSET CRUISE		TEA SHARING	
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		MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao		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		14.00-14.45 Gallery Hosted by Pla		12.00-13.00 Gallery Hosted by Anna		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		MEET NEW FRIENDS 15.00 - 17.00 Alchemy Lounge Drop in anytime! Hosted by San Bao	
STRETCHING AND MOVEMENT		AQUA AEROBICS		SALSA DANCE		STRETCHING AND MOVEMENT		AQUA AEROBICS		HIIT		FUNCTIONAL FITNESS	
15.45-16.30 Yoga Pavilion All Levels Hosted by Nut		15.45-16.30 Lap Pool All Levels Hosted by Nut		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 Lap Pool All Levels Hosted by Pitcha		15.45-16.30 Yantra Hall Intermediate Level Hosted by Due		15.45-16.30 Padma 2 Intermediate Level, Max 8 pax Please reserve at Wellness Reception Hosted by Pitcha	
PRANAYAMA		EVENING MEDITATION		SPINAL MOBILITY		PRANAYAMA		MUAY THAI MOVEMENT				GLUTES AND ABS	
17.00-17.30 Yoga Pavilion Hosted by Srinivas		17.00-17.30 Gallery Hosted by Gill		15.45-16.30 Yantra Hall All Levels, Max. 12 pax Please reserve at Wellness Reception Hosted by Kwang		17.00-17.30 Yantra Hall Hosted by Srinivas		15.45-16.30 Yantra Hall All Levels Hosted by Chris				15.45-16.30 Yantra Hall All Levels Hosted by Chai	
MOVIE NIGHT		NEW YEAR'S EVE CELEBRATION		SOUND HEALING MEDITATION		THAI MARKET NIGHT AT KAMALAYA		EVENING MEDITATION		HERBAL WALK		CHAKRA MEDITATION	
20.00 Gallery MAN WHO KNEW INFINITY (Drama)		19.00-24.00 Yantra Hall Gala Dinner & Cocktail reception 6,650 THB net /person Please reserve at Reception & Soma restaurant		17.00-18.00 Yantra Hall Hosted by Svetlana		18.30 - 21.00 Kamala Boutique "In-house night market"		17.00-17.30 Yantra Hall Hosted by Srinivas		16.00-17.00 Meet at Yantra Lawn All Levels, Max. 5 pax Please reserve at Wellness Reception 24 hrs in advance Hosted by Pop		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.