



Let Nature Inspire Your Creative Spirit

Third-Year Anniversary Event
 ~ Museflower Life Festival ~

WEEKEND RETREAT PROGRAM FOR OCT 6 – 9, 2017

DAY 1 – OCT 6TH, 2017 (FRIDAY)

***Complimentary Welcome Program is reserved and exclusive for In House Guest Only. Please note that this program is not open to outside guests.**

Time	Program	Venue
2.00pm	Check in opens	Reception
4.00 – 5.30pm	In-House Guests Only - Festival Opening Ceremony: - Opening Meditation with Singing Bowls - Mandala Coloring Session - Nature Mandala Creation & Discussion with Tania Ho and Watchararat Srichamroen (90 mins)	Meditation Pavilion
5.00 – 6.30pm	Leisure time to enjoy our Himalayan crystal salt water pool, natural lake, the gym, or spa treatments and holistic therapies at a discounted price	n/a
6.30pm	Dinner	Soul Food Corner
8.00 – 9.00pm	In-House Guests Only - Full Moon Shamanic Journey: Meet Your Power Animal with Tania Ho (60 mins)	Meditation Pavilion
Evening	Unwind / Relax / Connect / Rest	n/a

**Program may subject to change without prior notice.
 Last Updated: 26 April 2017*



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DAY 2 – OCT 7TH, 2017 (SATURDAY)

***1-Day Festival Day Pass at 800THB per person includes lunch. 5% of proceeds will be donated to Emoto Peace Project.**

Festival day pass is applicable for activities from 10am – 5.00pm. A free goodies bag will be given out to all festival participants.

For guests who would only like to join one single class the cost is 400THB per person per class (60 or 90 minutes).

Time	Program	Venue
8.00 – 9.00am	In-House Guest Only – QiGong with Watchararat Srichamroen (60 mins)	Meditation Pavilion
9.00 – 10.00am	In-House Guest Only – Breakfast	Soul Food Corner
10.00 – 10.30am	Festival Begins: Welcome Talk / Introduction to Program / Daily lucky draw	Butterfly Room
10.30 – 11.30am	Mind & Body Exercises with an Eastern Approach: Part 1 Workshop with Kate Tong (60 mins)	Butterfly Room
12.30pm	Vegetarian Lunch	Soul Food Corner
2.00 – 3.30pm	Tension / Trauma Releasing Exercises with Tammy Hayano (90 mins)	Meditation Pavilion
3.30 – 4.00pm	Healthy Tea Break	Soul Food Corner
4.00 – 5.00pm	Soul Writing Workshop with Sarah Walton (60 mins)	Butterfly Room
5.00 – 6.30pm	In-House Guest Only Leisure time to enjoy free welcome massage by lake / lucky draw prizes / private practitioner sessions	n/a
6.30pm	In-House Guest Only – Dinner	Soul Food Corner
7.45 – 9.15pm	In-House Guest Only – Inner Dance Sound Healing with Tammy Hayano and Tania Ho (90 mins)	Meditation Pavilion

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DAY 3 - OCT 8TH, 2017 (SUNDAY)

*** Sunday's retreat program is reserved and exclusive for In House Guest Only. Please note that this program is not open to outside guests.**

Time	Program	Venue
8.00 – 9.00am	In-House Guest Only – Flow Yoga with Kanlayanee Martthuean (60 mins)	Meditation Pavilion
9.00 – 10.00am	In-House Guest Only – Breakfast	Soul Food Corner
10.00 - 10.30am	In-House Guest Only – Group Sharing & Soul Guidance Circle with Tania Ho (30 mins)	Meditation Pavilion
10.30 – 12.00pm	In-House Guest Only – JourneyDance With Tammy Hayano (90 mins)	Meditation Pavilion
12.30pm	In-House Guest Only – Vegetarian Lunch	Soul Food Corner
2.00 – 3.00pm	In-House Guest Only – Mind & Body Exercises with an Eastern Approach: Part 2 Workshop with Kate Tong (60 mins)	Meditation Pavilion
3.00 – 3.30pm	Healthy Tea Break	Soul Food Corner
3.30 – 5.00pm	In-House Guest Only – Gut Health Workshop: How to Make Fermented Food with Nikki Kachum (90 mins)	Soul Food Corner
5.00 – 6.30pm	Leisure time to enjoy free welcome massage by lake / lucky draw prizes / private practitioner sessions	n/a
6.30pm	In-House Guest Only – Dinner	Soul Food Corner
8.00 – 9.00pm	In-House Guest Only – Soul Writing Evening Workshop with Sarah Walton (60 mins)	Butterfly Room

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DAY 4 - OCT 9TH, 2017 (MONDAY)

***Special Bonus Program is reserved and exclusive for In House Guest Only. Please note that this program is not open to outside guests.**

Time	Program	Venue
8.00 – 9.00am	In-House Guest Only – Stretching with Kanlayanee Martthuean (60 mins) (60 minutes)	Meditation Pavilion
9.00 – 10.00am	In-House Guest Only – Breakfast	Soul Food Corner
10.00 - 11.30am	In-House Guest Only – Go-with-the-Flow Closure Circle: - Group Sharing and Q&As with all teachers - Mandala Coloring Session & Discussion - Closing Meditation with Singing Bowls Facilitated by Tania Ho and Watchararat Srichamroen (90 mins)	Meditation Pavilion
12.00pm	Check out	n/a
12.30pm	Vegetarian Lunch	Soul Food Corner

Guests who stay after Oct 9th will follow our regular wellness activity schedule starting the afternoon.