



Wellness Activity Schedule: Feb 4th - 10th, 2018

For guests who hold a class pass, please present the voucher to our Reception prior class begins.

Advanced reservations are required with classes marked with ☺. First come first serve. Meeting point at Lobby. All classes may change without prior notice.

Package	Morning	SUN 4	MON 5	TUES 6	WEDS 7	THURS 8	FRI 9	SAT 10
* Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga Class 60 mins						
	08.00 – 08.30	Meditation Class 30 mins				Meditation Class 30 mins		
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins *	Stretching 60 mins *	Meditation Class 30 mins (08.00-08.30)	Hatha Yoga 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺	Qi Gong 60 mins **	Chi Yoga 60 mins **
* Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga Class 60 mins					Afternoon Yoga Class 60 mins (15.00-16.00)	Afternoon Yoga Class 60 mins
Regular / Spa Getaway Pkg	16.00 – 17.00	Vinyasa Yoga 60 mins (15.00-16.00) ***	Cooking Demonstration 45 mins * ☺	Tai Chi 60 mins **	Intro to Energy Healing by Tania 60 mins * J ☺	Food Carving 45 mins * ☺		Heal Your Water Withih by Tania 60 mins * ☺

☺ Reservations Required	Level of Challenge:	* Refreshing	** Energizing	*** Sweating
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* Priority for yoga retreat guests. Other guests may join depending on availability. Please inform our Reception in advance. If there are no yoga retreat guests, morning & afternoon yoga class would be canceled.
 Private one-on-one (max. 2 people) @1,400 THB / class
 Private group (min. 3 people) @500 THB / person
 To join the scheduled wellness activity @500 THB / person



Wellness Activities Descriptions				Special Events & Offers	
<p>Hatha Yoga / Chi Yoga Yoga with Props Start off or cool down the day with a series of gentle postures and stretching techniques to leave you energized and refreshed.</p> <p>5 Elements Mudra / Dynamic / Mindfulness Meditation Experience different forms of meditation, whether by sitting, walking, dancing, chanting, all to re-connect with your soul within.</p> <p>Pranayama (Yogic breathing) his class enhances your ability to breathe with ease enabling your body functions to perform better and your busy mind to calm down and relax.</p> <p>Nature Mandala Connect with yourself and nature by creating your own natural Mandala with materials from Nature only. A meditative and fun exercise to restore a sense of wholeness.</p> <p>Heal Your Water Within Learn about the research behind the Message of Water (how the energy of water is changed when exposed to different vibrations), and simple tools and meditations to heal our water within.</p>	<p>Body Balance by Jang Balance both your mind and body with a flowing mixture of Tai Chi, Pilates, and Yoga movements to help build your strength, flexibility and balance at the same time.</p> <p>Vinyasa Yoga by Jang A sequence of Yoga asanas focusing on breathing and self-energy while targeting specific area of the body. Each movement is coordinated with breathing to flow from one pose to the next.</p> <p>AB's, Butt Thighs (A.B.T) by Jang This class targets the main areas in need for toning: abdominal muscles. Buttocks, and thighs. Get ready to sweat and feel fit and firm.</p> <p>Guided Cycling Tour No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. *please wear your sport shoes to class (not suitable for beginners).</p>	<p>Tai Chi / Qi Gong Tai Chi is the Chinese healing art emphasizing mindful movements, focusing on physical posture, and harmonizing chi flow in the body.</p> <p>Intro to Energy Healing by Tania Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!</p> <p>Intro to Meditation by Tania Learn the concept and basics of meditation and how easy it is to implement in our daily lives.</p> <p>Flower Message Meditation by Tania Each flower has a different story. Each flower corresponds to a certain topic of life. Meditate with a flower that you resonate with and learn what wisdom flower shares!</p> <p>Pilates Class by Jang This group mat class will include a balance of strengthening, toning and stretching for all the muscle groups. All levels are welcome!</p>	<p>Shamanic Journey Circle by Tania A Shamanic journey is a type of meditation, where you can journey to the Upper World to meet your spirit guides or Lower World to meet your power animals. Through Shamanic journey, you will receive guidance and messages regarding your daily life.</p> <p>Sutra-copying Meditation by Tania Copying Buddhist scriptures (sutras) has been a popular practice in East Asia as a form of meditation and a devotional act. One doesn't have to be a Buddhist to experience this type of meditation. In this class, we will learn to quiet our minds, observe our thoughts and tune in our intuition through sutra-copying.</p> <p>D.I.Y Classes Learn how to prepare your own body scrub, facial mask, Thai herbal compress, or more. You will be surprised how easy it is to with all natural ingredients.</p> <p>Massage Workshop Learn some easy self-massage or couple massage techniques to use at home.</p>	<p>Cooking Demonstration Learn how to prepare easy Thai dishes and vegetable dips to recreate the Museflower vegetarian food experience back home.</p> <p>Food Carving Class Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p>Stretching Learn how to release stiffness of your body with the easy-to-follow stretching techniques.</p> <p><u>Museflower Spa Promotion Jan & Feb 2017</u></p> <p>Cozy Coconut Cocoon Spa Package Herbal Steam 15mins Ginger Foot Soak 15 mins</p> <p>Warm Coconut Cream body massage with hand and feet wrap 90 mins (including Facial Lymphatic Drainage Massage) Enjoy a cup of warm Spa Herbal Tea Bring Home a Spa Gift</p> <p>2 hours/2,440THB per</p>	<p><u>Upcoming Events</u></p> <p>Oct 11 – 16: Museflower Soul Bliss Retreat – Let Your Soul Speak with Soul Writing & Meditation by Sarah Walton and Tania Ho</p> <p>Dec 9 – 16: Group Rental – Soul Coaching Retreat by Moera Saule</p> <p>Dec 17 – 22: Group Rental – Thailand Mindfulness Meditation Retreat by Corinne Collins and Bruce Spears</p> <p>Dec 25 – Jan 14: Exclusive Group Rental – Come Back Different Retreat by Come Back Different</p> <p><u>Museflower Boutique Promotion Jan & Feb 2017</u></p> <p>GET FREE!!! 1 Pack of Himalayan Crystal Salt 250g (any type)</p> <p>For every 1,000 THB purchasing</p> <p>*Excluding drinks *Excluding of any discount using)</p>



Museflower
Retreat & Spa

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