



## Wellness Activity Schedule: Feb 18<sup>th</sup> - 24<sup>th</sup>, 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 18	MON 19	TUES 20	WEDS 21	THURS 22	FRI 23	SAT 24
* Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga Class 60 mins						
	08.00 – 08.30	Meditation Class 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Stretching 60 mins *	Nature Mandala 60 mins *	Guided Cycling Tour (Max 8pax) 60 mins <b>(07.00-08.00)</b> *** ☺	Breathing Awareness Yoga by Eugenie 60 mins ** ☺	Body Balance by Jang 60 mins **	Hatha Yoga 60 mins **	Tai Chi 60 mins **
* Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga Class 60 mins	Vinyasa Yoga by Jang 60 mins <b>(15.00-16.00)</b> ***	Afternoon Yoga Class 60 mins				
Regular / Spa Getaway Pkg	16.00 – 17.00	DIY Body Scrub 45 mins *		Cooking Demonstration 45 mins * ☺	Line Dance 60 mins ***	Food Carving 45 mins * ☺	Pilates Class by Jang 60 mins ***	Hips-Opening Yoga by Eugenie 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



<i>Wellness Activities Descriptions</i>				<i>Special Events &amp; Offers</i>	
<p><b>Hatha Yoga</b> Start off or cool down the day with a series of gentle postures and stretching techniques to leave you energized and refreshed.</p> <p><b>Vinyasa Yoga by Jang</b> A sequence of Yoga asanas focusing on breathing and self-energy. Each movement is coordinated with breathing to flow from one pose to the next.</p> <p><b>Yin Yoga by Eugene</b> A calming, slow pace class where you learn to move into stillness. A great chance to take the time to observe and feel.</p> <p><b>Chest-Opening Yoga by Eugene</b> Emphasis on the upper body and its capacity to open up and breath. A great class to release tensions on the shoulders, to open the chest, the heart area, and increase lungs capacity.</p> <p><b>Hips-Opening Yoga by Eugene</b> A sequence adapted for a deep work on the hips joints and lower back. A great class to improve your sitting meditation posture and to release physical and mental tensions at the lower body.</p>	<p><b>Strength Awareness Yoga by Eugene</b> Emphasis on positions that require the use of body's physical and mental strength. A class that improve vital capacity and energy level. A great opportunity to develop confidence and will power.</p> <p><b>Dynamic Flow Yoga by Eugene</b> Emphasis on synchronising the movement and the breath. Experiencing the movement, the flow as a meditation. Focus on neuro-muscular coordination, balance and concentration. Adapted to all levels.</p> <p><b>Breathing Awareness Yoga by Eugene</b> Breathing techniques and yoga positions for the training of the breath. Help to manage stress, anxiety, sleeping issues, and emotional distress.</p> <p><b>AB's, Butt Thighs (A.B.T) by Jang</b> 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><b>Body Balance by Jang</b> 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><b>Pilates Class by Jang</b> This group mat class will include a balance of strengthening, toning and stretching for all the muscle groups. All levels are welcome!</p> <p><b>5 Elements Mudra / Dynamic / Mindfulness Meditation</b> Experience different forms of meditation, whether by sitting, walking, dancing, chanting, all to re-connect with your soul within.</p> <p><b>Pranayama (Yogic breathing)</b> 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><b>Nature Mandala</b> 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><b>Tai Chi / Qi Gong</b> Tai Chi is the Chinese healing art emphasizing mindful movements, focusing on physical posture, and harmonizing chi flow in the body.</p> <p><b>Line dance</b> A choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows (suitable for beginners).</p> <p><b>Stretching</b> Learn how to release stiffness of your body with the easy-to-follow stretching techniques.</p> <p><b>Guided Cycling Tour</b> 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><b>D.I.Y Classes</b> 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><b>Massage Workshop</b> Learn some easy self-massage or couple massage techniques to use at home.</p> <p><b>Cooking Demonstration</b> Learn how to prepare easy Thai dishes and vegetable dips to recreate the Museflower vegetarian food experience back home.</p> <p><b>Food Carving Class</b> Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p style="text-align: center;"><b><u>Museflower Spa Promotion</u></b> <b><u>Jan &amp; Feb 2017</u></b></p> <p><b>Cozy Coconut Cocoon Spa Package</b> 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 style="text-align: center;"><b><i>2 hours/2,440THB per person</i></b></p>	<p style="text-align: center;"><b><u>Upcoming Events</u></b></p> <p>Oct 11 – 16: Museflower Soul Bliss Retreat – Let Your Soul Speak with Soul Writing &amp; 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 style="text-align: center;"><b><u>Museflower Boutique Promotion</u></b> <b><u>Jan &amp; Feb 2017</u></b></p> <p style="text-align: center;"><b>GET FREE!!!</b> 1 Pack of Himalayan Crystal Salt 250g (any type)</p> <p style="text-align: center;">For every 1,000 THB purchasing</p> <p>*Excluding drinks *Excluding of any discount using)</p>



*Museflower*  
Retreat & Spa