



Wellness Activity Schedule: Mar 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						
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins *	Hatha Yoga 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺	Chest-Opening Yoga by Eugenie 60 mins ** ☺	AB's, Butt Thighs by Jang 60 mins ***	Qi Gong 60 mins **	Stretching 60 mins *
* Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga Class 60 mins					Vinyasa Yoga by Jang 60 mins (15.00-16.00) ***	Afternoon Yoga Class 60 mins
Regular / Spa Getaway Pkg	16.00 – 17.00	Pilates Class by Jang 60 mins ***	Cooking Demonstration 45 mins * ☺	Massage Workshop 45 mins *	Line Dance 60 mins ***	Food Carving 45 mins * ☺		Dynamic Flow 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 & Offers</i>	
<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>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>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>Cooking Demonstration Learn how to prepare easy Thai dishes and vegetable dips to recreate the Museflower vegetarian food experience back home.</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>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>Food Carving Class Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p>Hatha Yoga Start off or cool down the day with a series of gentle postures and stretching techniques to leave you energized and refreshed.</p> <p>Line dance 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>Massage Workshop Learn some easy self-massage or couple massage techniques to use at home.</p> <p>Stretching Learn how to release stiffness of your body with the easy-to-follow stretching techniques.</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>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>Pranayama(Yogic breathing) This 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>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>Vinyasa Yoga by Jang A sequence of Yoga asanas focusing on breathing and self-energy. Each movement is coordinated with breathing to flow from one</p>	<p>Class by Eugenie Breathing Awareness Yoga Breathing techniques and yoga positions for the training of the breath. Help to manage stress, anxiety, sleeping issues, and emotional distress.</p> <p>Chest-Opening Yoga 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>Dynamic Flow Yoga by 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>Hips-Opening Yoga 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>Class by Eugenie Strength Awareness Yoga 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>Yin Yoga 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>Museflower Spa Promotion Mar & Apr 2018</p> <p>Head-to-Toe Glow Spa Package Herbal Steam 15 mins Ginger & Salt Foot Soak 15 mins Brown Sugar & Honey Body Scrub 30 mins Museflower Natural Hydrating Facial With Aloe Vera & Cucumber 60 mins Enjoy a cup of warm Spa Herbal Tea Bring Home a Spa Gift 2 hrs. / 2,220 THB per</p>	<p>Upcoming Events</p> <p>Apr 1: Museflower Self-Care Workshop - How to Practice Yoga Safely by Kanlayanee Marththuean</p> <p>Apr 30 – May 2: Exclusive Group Rental by Chiang Khong Christian Education Center</p> <p>May 27: Museflower Self-Care Workshop – Basics of Gut Health and How to Make Fermented Food by Nikki Kachum</p> <p>June 25 – 29: Group Rental by Hong Kong Student Volunteer Service Trip (YMCA of HK Christian College Hong Kong)</p> <p>Museflower Boutique Promotion Mar & Apr 2018</p> <p>Buy 2 packs of Artisan Tea Blend</p> <p>GET FREE!!!</p> <p>1 Bottle of Shower Gel 250ml (any kind at 129THB)</p> <p>*Excluding of any discount using</p>



Museflower
Retreat & Spa

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