



Wellness Activity Schedule: Mar 5th – 11th, 2017

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 5	MON 6	TUES 7	WEDS 8	THURS 9	FRI 10	SAT 11
* 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 **	Stretching 60 mins **	Guided Cycling Tour (Max 4pax) 60 mins (08.00-09.00) *** ☺	Body Balance by Jang 60 mins **	Chi Yoga 60 mins **	Meditation Class 30 mins (08.00-08.30) *
* Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga Class 60 mins		Yin Yoga by Michael 60 mins (15.00-16.00) ** ☺	Afternoon Yoga Class 60 mins	Vinyasa Yoga by Michael 60 mins (15.00-16.00) *** ☺	Afternoon Yoga Class 60 mins	
Regular / Spa Getaway Pkg	16.00 – 17.00	AB's, Butt Thighs by Jang 60 mins ***	Pilates Class by Nikki 60 mins *** ☺		How to Declutter Your Mind by Laetitia 60 mins * ☺		Cooking Demonstration 45 mins * ☺	Guided Cycling Tour (Max 4pax) 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) @1,200 THB / class

Private group (min. 3 people) @500 THB / person

To join the scheduled wellness activity @500 THB / person