



Wellness Activity Schedule: Mar 11th – 17th, 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 11	MON 12	TUES 13	WEDS 14	THURS 15	FRI 16	SAT 17
* 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) *** ☺	Yin Yoga by Eugenie 60 mins ** ☺	Body Balance by Jang 60 mins **	Tai Chi 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 * ☺	DIY Body Scrub 45 mins *	Line Dance 60 mins ***	Food Carving 45 mins * ☺		Strength Awareness 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

Dark Moon Special Class on 16 Mar 2018
 19.30 – 20.30
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<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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