



## Wellness Activity Schedule: Mar 12<sup>th</sup> – 18<sup>th</sup>, 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 12	MON 13	TUES 14	WEDS 15	THURS 16	FRI 17	SAT 18	
* Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga Class 60 mins							
	08.00 – 08.30	Meditation Class 30 mins							Pranayama Class 30 mins <b>(08.00-08.30)</b> *
Regular / Spa Getaway Pkg	08.30 – 09.30	Stretching 60 mins **	Qi Gong 60 mins **	Hatha Yoga 60 mins **	Nature Mandala 60 mins * ☺	Guided Cycling Tour (Max 4pax) 60 mins <b>(08.00-09.00)</b> *** ☺	Chi Yoga 60 mins **		
* Yoga Retreat Pkg	15.00 – 16.00	Vinyasa Yoga by Michael 60 mins <b>(15.00-16.00)</b> *** ☺	Afternoon Yoga Class 60 mins			Yin Yoga by Michael 60 mins <b>(15.00-16.00)</b> ** ☺	Afternoon Yoga Class 60 mins		
Regular / Spa Getaway Pkg	16.00 – 17.00		Intro to Energy Healing by Laetitia 60 mins * ☺	Cooking Demonstration 45 mins * ☺	How to Declutter Your Mind by Laetitia 60 mins * ☺			Food Carving Class 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

Full Moon Special Class on 12 Mar 2017  
20.00 – 21.00  
**Full Moon Yin Yoga**  
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