



Wellness Activity Schedule: Mar 19th – 25th, 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 19	MON 20	TUES 21	WEDS 22	THURS 23	FRI 24	SAT 25	
* 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	Qi Gong 60 mins **	Nature Mandala 60 mins * ☺	Yoga with Props 60 mins **	Stretching 60 mins **	Guided Cycling Tour (Max 4pax) 60 mins (08.00-09.00) *** ☺	Hatha Yoga 60 mins **	Meditation Class 30 mins (08.00-08.30) *	
* Yoga Retreat Pkg	15.00 – 16.00	Vinyasa Yoga by Michael 60 mins (15.00-16.00) *** ☺	Afternoon Yoga Class 60 mins			Yin Yoga by Michael 60 mins (15.00-16.00) ** ☺	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

Earth Hour Special Class on 25 Mar 2017
20.30 – 21.30
5 Elements Meditation
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