



Wellness Activity Schedule: Jun 25th - Jul 1st, 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 25 | MON 26 | TUES 27 | WEDS 28 | THURS 29 | FRI 30 | SAT Jul-1 | |
|---------------------------|---------------|---|---|--------------------------------------|---|--|---|---|---|
| * Yoga Retreat Pkg | 07.00 – 08.00 | Morning Yoga Class 60 mins | | | | | | | |
| | 08.00 – 08.30 | Meditation Class 30 mins | | | | | | Meditation Class 30 mins | 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 ** | Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺ | Stretching 60 mins ** | Meditation Class 30 mins (08.00-08.30) * | Hatha Yoga 60 mins ** | |
| * Yoga Retreat Pkg | 15.00 – 16.00 | Vinyasa Yoga By Jang 60 mins (15.00-16.00) *** | Afternoon Yoga Class 60 mins | | | Afternoon Yoga Class 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 *** ☺ | Food Carving Class 45 mins * ☺ | How to Declutter Your Mind by Laetitia 60 mins * ☺ | | | AB's, Butt Thighs by Jang 60 mins *** | Heal Your Water Within by Tania 60 mins * ☺ |

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| ☺ Reservations Required | Level of Challenge: | * Refreshing | ** Energizing | *** Sweating |
|-------------------------|---------------------|--------------|---------------|--------------|

* 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