



Wellness Activity Schedule: Jul 2nd - 8th, 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 2	MON 3	TUES 4	WEDS 5	THURS 6	FRI 7	SAT 8	
* Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga Class 60 mins							
	08.00 – 08.30	Meditation Class 30 mins						Pranayama Class 30 mins (08.00-08.30) *	Meditation Class 30 mins
Regular / Spa Getaway Pkg	08.30 – 09.30	Stretching 60 mins **	Nature Mandala 60 mins * ☺	Hatha Yoga 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺	Body Balance by Jang 60 mins **		Chi Yoga 60 mins **	
* Yoga Retreat Pkg	15.00 – 16.00	Vinyasa Yoga 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 60 mins *** ☺	Cooking Demonstration 45 mins * ☺	Intro to Meditation by Tania 60 mins * ☺			AB's, Butt Thighs by Jang 60 mins ***	Shamanic Journey Circle by Tania 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 8 Jul 2017
19.30 – 20.30
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