



Wellness Activity Schedule: Jul 9th - 15th, 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 9	MON 10	TUES 11	WEDS 12	THURS 13	FRI 14	SAT 15	
* 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	Afternoon Yoga Class 60 mins	
Regular / Spa Getaway Pkg	16.00 – 17.00		Pilates Class 60 mins *** ☺	Massage Workshop 45 mins *	Flower Message Meditation by Tania 60 mins * J ☺	Afternoon Yoga Class 60 mins (15.00-16.00)	AB's, Butt Thighs by Jang 60 mins ***	Heal Your Water Within 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