



Wellness Activity Schedule: Jul 16th - 22nd, 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 16	MON 17	TUES 18	WEDS 19	THURS 20	FRI 21	SAT 22
* Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga Class 60 mins		Jul 17 – Aug 6 Exclusive Group Rental Nirodha Meditation Retreat				
	08.00 – 08.30	Meditation Class 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins * ☺	Stretching 60 mins **					
* Yoga Retreat Pkg	15.00 – 16.00	Vinyasa Yoga by Jang 60 mins (15.00-16.00) ***						
Regular / Spa Getaway Pkg	16.00 – 17.00							

☺ 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