



## Wellness Activity Schedule: Sep 2<sup>nd</sup> - 8<sup>th</sup>, 2018

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 (A: Everyday, except Thurs / Eugenie: Thurs)						
	08.00 – 08.30	Meditation Class 30 mins					Meditation Class 30 mins	
Regular / Spa Getaway Pkg	08.30 – 09.30	Body Balance by Jang 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins <span style="background-color: yellow;">(07.00-08.00)</span> *** ☺	Nature Mandala 45 mins *	Pranayama 30 mins <span style="background-color: yellow;">(08.00-08.30)</span> *	Chest-Opening Yoga by Eugenie 60 mins ** ☺	Stretching 60 mins **	Hatha Yoga 60 mins **
* Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga Class 60 mins		Vinyasa Yoga 60 mins <span style="background-color: yellow;">(15.00-16.00)</span> ***	Afternoon Yoga Class 60 mins			
Regular / Spa Getaway Pkg	16.00 – 17.00	Pilates Class by Jang 60 mins *** ☺	Cooking Demonstration 45 mins * ☺		Tai Chi 60 mins **	Food Carving 45 mins * ☺	Kaoshikii Dance 45 mins **	Soul Chi Meditation 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) @1,400 THB / class  
Private group (min. 3 people) @500 THB / person  
To join the scheduled wellness activity @500 THB / person

Dark Moon Special Class on 8 Sep 2018

19.30 – 20.30

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<i>Wellness Activities Descriptions</i>				<i>Special Events &amp; Offers</i>	
<p><b>5 Elements Mudra / Dynamic / Mindfulness Meditation</b> Experience different forms of meditation, whether by sitting, walking, dancing, chanting, all to re-connect with your soul within.</p> <p><b>AB's, Butt Thighs (A.B.T) by Jang</b> This class targets the main areas in need for toning: abdominal muscles. Buttocks, and thighs. Get ready to sweat and feel fit and firm.</p> <p><b>Body Balance by Jang</b> Balance both your mind and body with a flowing mixture of Tai Chi, Pilates, and Yoga movements to help build your strength, flexibility and balance at the same time.</p> <p><b>Cooking Demonstration</b> Learn how to prepare easy Thai dishes and vegetable dips to recreate the Museflower vegetarian food experience back home.</p> <p><b>D.I.Y Classes</b> Learn how to prepare your own body scrub, facial mask, Thai herbal compress, or more. You will be surprised how easy it is to with all natural ingredients.</p>	<p><b>Food Carving Class</b> Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p><b>Guided Cycling Tour</b> No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. *please wear your sport shoes to class (not suitable for beginners).</p> <p><b>Hatha Yoga</b> Start off or cool down the day with a series of gentle postures and stretching techniques to leave you energized and refreshed.</p> <p><b>Kaoshikii Dance</b> Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p><b>Massage Workshop</b> Learn some easy self-massage or couple massage techniques to use at home.</p> <p><b>Nature Mandala</b> Connect with yourself and nature by creating your own natural Mandala with materials from Nature only. A meditative and fun exercise to restore a sense of wholeness.</p>	<p><b>Pilates Class by Jang</b> This group mat class will include a balance of strengthening, toning and stretching for all the muscle groups. All levels are welcome!</p> <p><b>Pranayama(Yogic breathing)</b> This class enhances your ability to breathe with ease enabling your body functions to perform better and your busy mind to calm down and relax.</p> <p><b>Soul Chi Meditation</b> "Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and qigong exercises. To follow the inner energy with the nature of the cosmos.</p> <p><b>Tai Chi / Qi Gong</b> Tai Chi is the Chinese healing art emphasizing mindful movements, focusing on physical posture, and harmonizing chi flow in the body.</p> <p><b>Vinyasa Yoga</b> A sequence of Yoga asanas focusing on breathing and self-energy. Each movement is coordinated with breathing to flow from one pose to the next.</p>	<p><b>Class by Eugenie Breathing Awareness Yoga</b> Breathing techniques and yoga positions for the training of the breath. Help to manage stress, anxiety, sleeping issues, and emotional distress.</p> <p><b>Chest-Opening Yoga</b> Emphasis on the upper body and its capacity to open up and breath. A great class to release tensions on the shoulders, to open the chest, the heart area, and increase lungs capacity.</p> <p><b>Dynamic Flow Yoga by</b> Emphasis on synchronising the movement and the breath. Experiencing the movement, the flow as a meditation. Focus on neuro-muscular coordination, balance and concentration. Adapted to all levels.</p> <p><b>Hips-Opening Yoga</b> A sequence adapted for a deep work on the hips joints and lower back. A great class to improve your sitting meditation posture and to release physical and mental tensions at the lower body.</p>	<p><b>Class by Eugenie Strength Awareness Yoga</b> Emphasis on positions that require the use of body's physical and mental strength. A class that improve vital capacity and energy level. A great opportunity to develop confidence and will power.</p> <p><b>Yin Yoga</b> A calming, slow pace class where you learn to move into stillness. A great chance to take the time to observe and feel.</p> <p><b>Museflower Boutique Promotion Sep &amp; Oct 2018</b></p> <p>Buy 2 packs of Himalayan Crystal Salt (any type)</p> <p><b>GET FREE!!!</b></p> <p>1 pack of Himalayan Crystal Salt 250g (any type)</p> <p>*Excluding drinks *Excluding of any discount using</p>	<p><b>Upcoming Events</b></p> <p>Sep 8 - 9: Museflower Self-Care Workshop with Watchararat Srichamroen (A)</p> <p>Sep 21: World Peace Day</p> <p>Oct 5 - 8: Fourth Annual Museflower Life Festival Weekend Retreat</p> <p>Oct 11 - 16: Museflower Soul Bliss Retreat by Tania Ho and Sarah Walton: Let Your Soul Speak with Soul Writing</p> <p>Oct 26 - 30: Exclusive Group Retreat Rental by Tammy Hayano and Leslie Nipps - Welcoming our Ancestors: Healing Hidden Family Trauma with Systemic Constellations (to book this retreat please contact the retreat organizer directly)</p> <p>Nov 17 - 18: Museflower Self-Care Workshop with Watchararat Srichamroen (A) and Tania Ho</p> <p>Nov 23 - 26: Group Retreat Rental by Flora Chan and Natalie Soderstrom: <u>Chakras Balancing Retreat</u>(to book this retreat please contact the retreat organizer directly)</p>