



Wellness Activity Schedule: Sep 23rd - 29th, 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 23	MON 24	TUES 25	WEDS 26	THURS 27	FRI 28	SAT 29
* 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						
Regular / Spa Getaway Pkg	08.30 – 09.30	Hatha Yoga 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺	Nature Mandala 45 mins *	Stretching 60 mins **	Breathing Awareness Yoga by Eugenie 60 mins ** ☺	Body Balance by Jang 60 mins **	Qi Gong 60 mins **
* Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga Class 60 mins (A: Weds/ Jang: Everyday, except Weds)		Vinyasa Yoga by Jang 60 mins (15.00-16.00) ***	Afternoon Yoga Class 60 mins (A: Weds/ Jang: Everyday, except Weds)			
Regular / Spa Getaway Pkg	16.00 – 17.00	Pilates Class by Jang 60 mins *** ☺	Cooking Demonstration 45 mins * ☺		Tai Chi 60 mins **	AB's, Butt Thighs by Jang 60 mins ***	Food Carving 45 mins * ☺	Hips-Opening Yoga by Eugenie 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



Museflower
Retreat & Spa

Wellness Activities Descriptions			Special Events & Offers		
<p>5 Elements Mudra / Dynamic / Mindfulness Meditation Experience different forms of meditation, whether by sitting, walking, dancing, chanting, all to re-connect with your soul within.</p> <p>AB's, Butt Thighs (A.B.T) by Jang 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>Body Balance by Jang 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>Cooking Demonstration Learn how to prepare easy Thai dishes and vegetable dips to recreate the Museflower vegetarian food experience back home.</p> <p>D.I.Y Classes 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>Food Carving Class Learn how to carve vegetables to decorate your own meals, wow your guests (and yourself).</p> <p>Guided Cycling Tour 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>Hatha Yoga Start off or cool down the day with a series of gentle postures and stretching techniques to leave you energized and refreshed.</p> <p>Kaoshikii Dance Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p>Massage Workshop Learn some easy self-massage or couple massage techniques to use at home.</p> <p>Nature Mandala 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>Pilates Class by Jang This group mat class will include a balance of strengthening, toning and stretching for all the muscle groups. All levels are welcome!</p> <p>Pranayama(Yogic breathing) 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>Soul Chi Meditation "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>Tai Chi / Qi Gong Tai Chi is the Chinese healing art emphasizing mindful movements, focusing on physical posture, and harmonizing chi flow in the body.</p> <p>Vinyasa Yoga 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>Class by Eugenie Breathing Awareness Yoga Breathing techniques and yoga positions for the training of the breath. Help to manage stress, anxiety, sleeping issues, and emotional distress.</p> <p>Chest-Opening Yoga 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>Dynamic Flow Yoga by Eugenie 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>Hips-Opening Yoga 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>Class by Eugenie Strength Awareness Yoga 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>Yin Yoga 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>Museflower Boutique Promotion Sep & Oct 2018</p> <p>Buy 2 packs of Himalayan Crystal Salt (any type)</p> <p>GET FREE!!!</p> <p>1 pack of Himalayan Crystal Salt 250g (any type)</p> <p>*Excluding drinks *Excluding of any discount using</p>	<p>Upcoming Events</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: Chakras Balancing Retreat (to book this retreat please contact the retreat organizer directly)</p>