



Wellness Activity Schedule: Sep 24th - 30th, 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 24	MON 25	TUES 26	WEDS 27	THURS 28	FRI 29	SAT 30	
* 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	Nature Mandala 60 mins * ☺	Yoga with Props 60 mins **	Qi Gong 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺	AB's, Butt Thighs by Jang 60 mins ***		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 (15.00-16.00)	Afternoon Yoga Class 60 mins		
Regular / Spa Getaway Pkg	16.00 – 17.00		Pilates Class by Jang 60 mins *** ☺	DIY Body Scrub 30 mins *	Shamanic Journey Circle by Tania 60 mins * ☺			Cooking Demonstration 45 mins * ☺	Sutra-copying Meditation 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