



## Wellness Activity Schedule: Oct 1<sup>st</sup> - 7<sup>th</sup>, 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 Oct-1	MON 2	TUES 3	WEDS 4	THURS 5	FRI 6	SAT 7
* Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga Class 60 mins						
	08.00 – 08.30	Meditation Class 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Stretching 60 mins **	Tai Chi 60 mins **	Hatha Yoga 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins <b>(07.00-08.00)</b> *** ☺	AB's, Butt Thighs by Jang 60 mins ***	Dynamic Meditation Class 30 mins <b>(08.00-08.30)</b> *	
* Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga Class 60 mins				Afternoon Yoga Class 60 mins <b>(15.00-16.00)</b>		<b>Museflower Life Festival</b> Oct 6 – 9
Regular / Spa Getaway Pkg	16.00 – 17.00	Vinyasa Yoga 60 mins <b>(15.00-16.00)</b> ***	Food Carving Class 45 mins * ☺	Pilates Class by Jang 60 mins *** ☺	Flower Message Meditation by Tania 60 mins * J ☺			

☺ 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