



Wellness Activity Schedule: Oct 15th - 21st, 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 15	MON 16	TUES 17	WEDS 18	THURS 19	FRI 20	SAT 21
* 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	Nature Mandala 60 mins * ☺	Tai Chi 60 mins **	Hatha Yoga 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺	Body Balance by Jang 60 mins **	Stretching 60 mins **	Yoga with Props 60 mins **
* Yoga Retreat Pkg	15.00 – 16.00	Vinyasa Yoga 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		Food Carving Class 45 mins * ☺	Pilates Class by Jang 60 mins *** ☺	Heal Your Water Within by Tania 60 mins * ☺		AB's, Butt Thighs by Jang 60 mins ***	Intro to Energy Healing 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

Dark Moon Special Class on 19 Oct 2017
 19.30 – 20.30
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