



Wellness Activity Schedule: Oct 22nd - 28th, 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 22	MON 23	TUES 24	WEDS 25	THURS 26	FRI 27	SAT 28	
* Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga Class 60 mins							Meditation Class 30 mins
	08.00 – 08.30	Meditation Class 30 mins						Pranayama Class 30 mins (08.00-08.30) *	Chi Yoga 60 mins **
Regular / Spa Getaway Pkg	08.30 – 09.30	Tai Chi 60 mins ** ☺	Hatha Yoga 60 mins **	Nature Mandala 60 mins * ☺	Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺	AB's, Butt Thighs by Jang 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		Cooking Demonstration 45 mins * ☺	Pilates Class by Jang 60 mins *** ☺	Intro to Meditation by Tania 60 mins * ☺			Stretching 60 mins ** ☺	Shamanic Journey Circle 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