



Wellness Activity Schedule: Oct 29th – Nov 4th, 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 29	MON 30	TUES 31	WEDS Nov-1	THURS 2	FRI 3	SAT 4	
* Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga Class 60 mins						5 Elements Mudra Meditation 30 mins (08.00-08.30) *	Meditation Class 30 mins
	08.00 – 08.30	Meditation Class 30 mins							Hatha Yoga 60 mins **
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins * ☺	Stretching 60 mins **	Yoga with Props 60 mins **	Guided Cycling Tour (Max 8pax) 60 mins (07.00-08.00) *** ☺	Body Balance 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		Food Carving Class 45 mins * ☺	Pilates Class by Jang 60 mins *** ☺	Tai Chi 60 mins **			Cooking Demonstration 45 mins * ☺	AB's, Butt Thighs by Jang 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

Full Moon Special Class on 3 Nov 2017
 19.30 – 20.30
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