



# Wellness Activity Schedule: Apr 23<sup>rd</sup> - 29<sup>th</sup>, 2023

Advanced reservations are required for all classes, and cancellation charge applies.

For guests holding a class pass, please pass it to the Reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 23	MON 24	TUES 25	WEDS 26	THURS 27	FRI 28	SAT 29
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga 60 mins						
	08.00 – 08.30	Meditation 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins *	Bamboo Stick Exercise 60 mins **	Soul Connection 60 mins **	Stretching 60 mins **	Farm Tour by Tony (Complimentary) 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 60 mins <b>(07.00-08.00)</b> ***	Qi Gong 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyHeart Project-1: HappyNATURE by A 90 mins (Cost: 2 class pass) *	N/A	Cacao Ceremony with Tania 90 mins (Cost: 2 class pass) *	N/A	Your Superpower no.2: Imagination - Create Your Vision Mandala for Clarity by Tania 90 mins (Cost: 2 class pass) *
Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga 60 mins						
Regular / Spa Getaway Pkg	16.00 – 17.00	Function Training 60 mins ***	Intro to Energy Healing 60 mins *	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Foundation Training 60 mins ***	Intro to Oracle Cards by Tania 60 mins *	Cooking Demo by Dada 45 mins <b>(17.30-18.15)</b> *	Vinyasa Yoga 60 mins <b>(15.00-16.00)</b> ***

Level of Challenge	- Wellness class promotion: Buy 1 Get 1 Free for any group wellness classes (except private classes) - To join the scheduled group wellness activity 1 class pass @500 THB / person, 2 class pass @ 1,000THB / person	Special evening class
* Refreshing	- Private one-on-one 45-60 mins class (max. 2 people) @1,400 THB, 90mins class @ 2,200THB - Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 750THB/person - Wellness Class Cancellation policy: free cancellation up to 5pm of the day before, any cancellations after or no-show will be charged 100% of class price	
** Energizing		
*** Sweating		



## Wellness Activities Descriptions

<p><b><u>Classes by A</u></b></p> <p><b>Bamboo Stick Exercise</b> In this class we will be using a bamboo stick to guide us through some qigong movement exercises, to help encourage balance, proper posture alignment, and a strong stance.</p> <p><b>Beginner's Guide to Five Elements</b> Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. In this class, we will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.</p> <p><b>Beginner's Guide to Crystals</b> Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. In this class, we will learn how to use crystals in our daily life.</p> <p><b>Foundation Training</b> A workout with awareness combining techniques from Qi Gong, Yoga, Core Exercise and Mindfulness Meditation to energize and strengthen our core muscles for better stability. <i>*no need to wear the sports shoes to class.</i></p>	<p><b>Function Training</b> Function training is a program designed to blend various training modalities to perform the activities of daily life more efficiently by improving functionality and mobility to reduce the risk of injury. <i>*no need to wear the sports shoes to class.</i></p> <p><b>HappyDANCE</b> This is a fun class to tap into the joy and passion within. Start with connecting to one's energy body, followed by easy moves and dance to your own rhythm.</p> <p><b>HappyHeart Project</b> A special workshop series to bring more joy into your life.</p> <p><b>1 - HappyNATURE</b> Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.</p> <p><b>2 - HappyMOVEMENT</b> Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.</p> <p><b>3 - HappyLIFE</b> Deepen your self-awareness and gratitude in life through games and meditations.</p> <p><b>4 - HappyAWAKENING</b> Learn about the fundamentals of what chakras (energy centers) are and how we can balance our chakras to help improve our physical, emotional and mental health.</p>	<p><b>5 - HappyCOLORS</b> A fun time to connect with our inner artist and to experiment with colors and paint mindfully.</p> <p><b>Intro to Energy Healing</b> Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!</p> <p><b>In-Touch Movement Meditation</b> In-touch is a movement awareness meditation which involves coming into the body through movement and touch.</p> <p><b>Kaoshikii Dance</b> Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p><b>Nature Mandala</b> Connect with yourself and nature by creating your own natural Mandala with materials from nature only. A meditative and fun exercise to restore a sense of wholeness.</p> <p><b>Qi Gong / Tai Chi</b> Chen Tai Chi 18 form and Ba Duan Jin Qi Gong style - Chinese healing art emphasizing mindful movements, focusing on physical posture and harmonizing chi flow in the body</p>	<p><b>Soul Connection</b> "Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and qigong exercises, following the inner energy with the nature of the cosmos.</p> <p><b>Stretching</b> Learn how to release stiffness of your body with the easy-to- follow stretching techniques.</p> <p><b>Vinyasa Yoga</b> A sequence of Yoga Asanas coordinating each movement with breathing to flow from one pose to the next.</p> <p><b><u>Classes by Tania</u></b></p> <p><b>Cacao Ceremony</b> Since ancient times, cacao has been considered as a "food for the Gods" due to its amazing properties to uplift our mood and to connect deeper into our heart space. In this class, we will drink a cup of cacao with intention and to experience its wisdom through meditation and other modalities.</p> <p><b>Fire Release Ceremony</b> In this simple yet powerful healing ceremony, we will write down what we want to release from our lives and let go of them in the fire.</p> <p><b>Kirtan</b> Devotional chanting opens our hearts and allows us to connect with the love that is within and all around us. A light-hearted time to sing, express your voice and have fun.</p>	<p><b>Inner Dance Sound Healing</b> A meditative journey with music, allowing each person to enter a trance-like state of awareness. This healing modality may help to release any emotions or energies that no longer serve us, access our inner wisdom for guidance, or invoke a deep sense of silence and peace.</p> <p><b>Intro to Oracle Cards</b> Oracle card is a user-friendly divination tool to ask for Universe's guidance and to help us tune into our intuition. The great thing about oracle cards is that anyone can do it. In this introductory class, we learn simple ways to use oracle cards to help us find clarity.</p> <p><b>Labyrinth Walk</b> The labyrinth is a spiritual tool for transformation that helps to quiet the mind, release emotions and encourage insights. Join us at our classical labyrinth in our bamboo forest for a walking meditation to receive healing and insights.</p> <p><b>Mantra + Mudra</b> Bhakti Yoga is the yoga of devotion and a path of love. Through storytelling, practice of japa (repetition of a mantra), and meditation with mudra, we learn to invoke each deity's divine qualities within us and build our own relationship directly with the Divine / Universe.</p>	<p><b>Shamanic Journey</b> Shamanism is an ancient way of life where we honor Nature and a spiritual path of direct revelation. In Shamanic journey, you are guided to journey with your heart to the transcendent realms and to connect with your helping spirits for guidance and support in your daily life.</p> <p><b>Your Superpower no.1: Meditation - Find What Works for You</b> In this workshop, we explore easy meditations and simple tools to help kickstart a regular meditation practice for you.</p> <p><b>Your Superpower no.2: Imagination - Create Your Vision Mandala for Clarity</b> With imagination, we can start to consciously create our life in our mind's eye. In this workshop, we will make a vision mandala, a creative collage to express our Soul's intention and affirmation.</p> <p><b>Your Superpower no.3: Intuition - Listen to the Wisdom Within</b> Intuition is our inner compass that guides us to live a meaningful life aligned with our soul purpose. In this workshop, we will discover how our intuition speaks to us and build confidence to trust our intuition.</p>	<p><b><u>Classes by Museflower Team</u></b></p> <p><b>D.I.Y Spa Classes</b> Learn how to prepare your own body scrub, facial mask, or more. You will be surprised how easy it is with all-natural ingredients.</p> <p><b>Farm Tour</b> (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</p> <p><b>Cooking Demonstration</b> Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.</p> <p><b>Food Carving Class</b> Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p><b>Guided Cycling Tour</b> No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. <i>*please wear sports shoes and clothes that cover your shoulders and knees to class.</i></p> <p><b>Massage Workshop</b> Learn some easy self-massage or couple massage techniques to use at home.</p>
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# Wellness Activity Schedule: Apr 30<sup>th</sup> - May 6<sup>th</sup>, 2023

Advanced reservations are required for all classes, and cancellation charge applies.

For guests holding a class pass, please pass it to the Reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN Apr-30	MON 1	TUES 2	WEDS 3	THURS 4	FRI 5	SAT 6
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga by A 60 mins						
	08.00 – 08.30	Meditation 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins *	Bamboo Stick Exercise 60 mins **	Soul Connection 60 mins **	Stretching 60 mins **	Farm Tour by Tony (Complimentary) 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 60 mins <b>(07.00-08.00)</b> ***	Tai Chi 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyHeart Project-2: HappyMOVEMENT by A 90 mins (Cost: 2 class pass) *	N/A	Full Moon Fire Release Ceremony with Tania 90 mins (Cost: 2 class pass) *	N/A	HappyHeart Project-3: HappyLIFE by A 90 mins (Cost: 2 class pass) *
Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga By A 60 mins					Afternoon Yoga By Jang 60 mins	Vinyasa Yoga by Jang 60 mins <b>(15.00-16.00)</b> ***
Regular / Spa Getaway Pkg	16.00 – 17.00	Function Training 60 mins ***	Intro to Energy Healing 60 mins *	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Foundation Training 60 mins ***	Shamanic Journey with Tania 60 mins *	Cooking Demo by Dada 45 mins <b>(17.30-18.15)</b> *	

Level of Challenge	<ul style="list-style-type: none"> <li>- Wellness class promotion: Buy 1 Get 1 Free for any group wellness classes (except private classes)</li> <li>- To join the scheduled group wellness activity 1 class pass @500 THB / person, 2 class pass @ 1,000THB / person</li> <li>- Private one-on-one 45-60 mins class (max. 2 people) @1,400 THB, 90mins class @ 2,200THB</li> <li>- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 750THB/person</li> <li>- Wellness Class Cancellation policy: free cancellation up to 5pm of the day before, any cancellations after or no-show will be charged 100% of class price</li> </ul>	Special evening class
* Refreshing		
** Energizing		
*** Sweating		



## Wellness Activities Descriptions

<p><b><u>Classes by A</u></b></p> <p><b>Bamboo Stick Exercise</b> In this class we will be using a bamboo stick to guide us through some qigong movement exercises, to help encourage balance, proper posture alignment, and a strong stance.</p> <p><b>Beginner's Guide to Five Elements</b> Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. In this class, we will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.</p> <p><b>Beginner's Guide to Crystals</b> Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. In this class, we will learn how to use crystals in our daily life.</p> <p><b>Foundation Training</b> A workout with awareness combining techniques from Qi Gong, Yoga, Core Exercise and Mindfulness Meditation to energize and strengthen our core muscles for better stability. <i>*no need to wear the sports shoes to class.</i></p>	<p><b>Function Training</b> Function training is a program designed to blend various training modalities to perform the activities of daily life more efficiently by improving functionality and mobility to reduce the risk of injury. <i>*no need to wear the sports shoes to class.</i></p> <p><b>HappyDANCE</b> This is a fun class to tap into the joy and passion within. Start with connecting to one's energy body, followed by easy moves and dance to your own rhythm.</p> <p><b>HappyHeart Project</b> A special workshop series to bring more joy into your life.</p> <p><b>1 - HappyNATURE</b> Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.</p> <p><b>2 - HappyMOVEMENT</b> Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.</p> <p><b>3 - HappyLIFE</b> Deepen your self-awareness and gratitude in life through games and meditations.</p> <p><b>4 - HappyAWAKENING</b> Learn about the fundamentals of what chakras (energy centers) are and how we can balance our chakras to help improve our physical, emotional and mental health.</p>	<p><b>5 - HappyCOLORS</b> A fun time to connect with our inner artist and to experiment with colors and paint mindfully.</p> <p><b>Intro to Energy Healing</b> Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!</p> <p><b>In-Touch Movement Meditation</b> In-touch is a movement awareness meditation which involves coming into the body through movement and touch.</p> <p><b>Kaoshikii Dance</b> Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p><b>Nature Mandala</b> Connect with yourself and nature by creating your own natural Mandala with materials from nature only. A meditative and fun exercise to restore a sense of wholeness.</p> <p><b>Qi Gong / Tai Chi</b> Chen Tai Chi 18 form and Ba Duan Jin Qi Gong style - Chinese healing art emphasizing mindful movements, focusing on physical posture and harmonizing chi flow in the body.</p>	<p><b>Soul Connection</b> "Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and qigong exercises, following the inner energy with the nature of the cosmos.</p> <p><b>Stretching</b> Learn how to release stiffness of your body with the easy-to- follow stretching techniques.</p> <p><b>Vinyasa Yoga</b> A sequence of Yoga Asanas coordinating each movement with breathing to flow from one pose to the next.</p> <p><b><u>Classes by Tania</u></b></p> <p><b>Cacao Ceremony</b> Since ancient times, cacao has been considered as a "food for the Gods" due to its amazing properties to uplift our mood and to connect deeper into our heart space. 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In Shamanic journey, you are guided to journey with your heart to the transcendent realms and to connect with your helping spirits for guidance and support in your daily life.</p> <p><b>Your Superpower no.1: Meditation - Find What Works for You</b> In this workshop, we explore easy meditations and simple tools to help kickstart a regular meditation practice for you.</p> <p><b>Your Superpower no.2: Imagination - Create Your Vision Mandala for Clarity</b> With imagination, we can start to consciously create our life in our mind's eye. In this workshop, we will make a vision mandala, a creative collage to express our Soul's intention and affirmation.</p> <p><b>Your Superpower no.3: Intuition - Listen to the Wisdom Within</b> Intuition is our inner compass that guides us to live a meaningful life aligned with our soul purpose. 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You will be surprised how easy it is with all-natural ingredients.</p> <p><b>Farm Tour</b> (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</p> <p><b>Cooking Demonstration</b> Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.</p> <p><b>Food Carving Class</b> Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p><b>Guided Cycling Tour</b> No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. <i>*please wear sports shoes and clothes that cover your shoulders and knees to class.</i></p> <p><b>Massage Workshop</b> Learn some easy self-massage or couple massage techniques to use at home.</p>
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# Wellness Activity Schedule: May 7<sup>th</sup> - 13<sup>th</sup>, 2023

Advanced reservations are required for all classes, and cancellation charge applies.

For guests holding a class pass, please pass it to the Reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 7	MON 8	TUES 9	WEDS 10	THURS 11	FRI 12	SAT 13
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga by A 60 mins	Morning Yoga by Jang 60 mins	Morning Yoga by A 60 mins				
	08.00 – 08.30	Meditation by A 30 mins	Meditation by Jang 30 mins	Meditation by A 30 mins				
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala by A 60 mins *	Farm Tour by Tony (Complimentary) 45 mins *	Soul Connection by A 60 mins **	Foundation Training by A 60 mins **	Bamboo Stick Exercise by A 60 mins **	Guided Cycling Tour by Tony (Max 8pax) 60 mins (07.00-08.00) ***	Qi Gong by A 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyHeart Project-4: HappyAWAKENING by A 90 mins (Cost: 2 class pass) *	N/A	HappyHeart Project-5: HappyCOLORS by A 90 mins (Cost: 2 class pass) *	N/A	HappyHeart Project-2: HappyMOVEMENT by A 90 mins (Cost: 2 class pass) *
Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga by Jang 60 mins			Afternoon Yoga by A 60 mins	Afternoon Yoga by Jang 60 mins		Vinyasa Yoga by Jang 60 mins (15.00-16.00) ***
Regular / Spa Getaway Pkg	16.00 – 17.00	Body Balance by Jang 60 mins **	Stretching by Jang 60 mins **	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Function Training by A 60 mins ***	Massage Workshop by Jang 45 mins **	Cooking Demo by Dada 45 mins (17.30-18.15) *	

Level of Challenge	<ul style="list-style-type: none"> <li>- Wellness class promotion: Buy 1 Get 1 Free for any group wellness classes (except private classes)</li> <li>- To join the scheduled group wellness activity 1 class pass @500 THB / person, 2 class pass @ 1,000THB / person</li> <li>- Private one-on-one 45-60 mins class (max. 2 people) @1,400 THB, 90mins class @ 2,200THB</li> <li>- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 750THB/person</li> <li>- Wellness Class Cancellation policy: free cancellation up to 5pm of the day before, any cancellations after or no-show will be charged 100% of class price</li> </ul>	Special evening class
* Refreshing		
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## Wellness Activities Descriptions

<p><b><u>Classes by A</u></b></p> <p><b>Bamboo Stick Exercise</b> In this class we will be using a bamboo stick to guide us through some qigong movement exercises, to help encourage balance, proper posture alignment, and a strong stance.</p> <p><b>Beginner's Guide to Five Elements</b> Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. In this class, we will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.</p> <p><b>Beginner's Guide to Crystals</b> Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. 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Start with connecting to one's energy body, followed by easy moves and dance to your own rhythm.</p> <p><b>HappyHeart Project</b> A special workshop series to bring more joy into your life.</p> <p><b>1 - HappyNATURE</b> Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.</p> <p><b>2 - HappyMOVEMENT</b> Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.</p> <p><b>3 - HappyLIFE</b> Deepen your self-awareness and gratitude in life through games and meditations.</p> <p><b>4 - HappyAWAKENING</b> Learn about the fundamentals of what chakras (energy centers) are and how we can balance our physical, emotional and mental health.</p>	<p><b>5 - HappyCOLORS</b> A fun time to connect with our inner artist and to experiment with colors and paint mindfully.</p> <p><b>Intro to Energy Healing</b> Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!</p> <p><b>In-Touch Movement Meditation</b> In-touch is a movement awareness meditation which involves coming into the body through movement and touch.</p> <p><b>Kaoshikii Dance</b> Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p><b>Nature Mandala</b> Connect with yourself and nature by creating your own natural Mandala with materials from nature only. 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In this class, we will drink a cup of cacao with intention and to experience its wisdom through meditation and other modalities.</p>	<p><b>Fire Release Ceremony</b> In this simple yet powerful healing ceremony, we will write down what we want to release from our lives and let go of them in the fire.</p> <p><b>Kirtan</b> Devotional chanting opens our hearts and allows us to connect with the love that is within and all around us. A light-hearted time to sing, express your voice and have fun.</p> <p><b>Inner Dance Sound Healing</b> A meditative journey with music, allowing each person to enter a trance-like state of awareness. This healing modality may help to release any emotions or energies that no longer serve us, access our inner wisdom for guidance, or invoke a deep sense of silence and peace.</p> <p><b>Intro to Oracle Cards</b> Oracle card is a user-friendly divination tool to ask for Universe's guidance and to help us tune into our intuition. The great thing about oracle cards is that anyone can do it. In this introductory class, we learn simple ways to use oracle cards to help us find clarity.</p> <p><b>Labyrinth Walk</b> The labyrinth is a spiritual tool for transformation that helps to quiet the mind, release emotions and encourage insights. Join us at our classical labyrinth in our bamboo forest for a walking meditation to receive healing and insights.</p>	<p><b>Mantra + Mudra</b> Bhakti Yoga is the yoga of devotion and a path of love. Through storytelling, practice of japa (repetition of a mantra), and meditation with mudra, we learn to invoke each deity's divine qualities within us and build our own relationship directly with the Divine / Universe.</p> <p><b>Shamanic Journey</b> Shamanism is an ancient way of life where we honor Nature and a spiritual path of direct revelation. 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# Wellness Activity Schedule: May 14<sup>th</sup> - 20<sup>th</sup>, 2023

Advanced reservations are required for all classes, and cancellation charge applies.

For guests holding a class pass, please pass it to the Reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 14	MON 15	TUES 16	WEDS 17	THURS 18	FRI 19	SAT 20
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga by A 60 mins	Morning Yoga by Jang 60 mins					Morning Yoga by A 60 mins
	08.00 – 08.30	Meditation by A 30 mins	Meditation by Jang 30 mins					Meditation by A 30 mins
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala by A 60 mins *	Bamboo Stick Exercise by Jang 60 mins **	Body Balance by Jang 60 mins **	Stretching by Jang 60 mins **	Farm Tour by Tony (Complimentary) 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 60 mins <b>(07.00-08.00)</b> ***	Tai Chi by A 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	N/A	N/A	Cacao Ceremony with Tania 90 mins (Cost: 2 class pass) *	N/A	HappyHeart Project-4: HappyAWAKENING by A 90 mins (Cost: 2 class pass) *
Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga by A 60 mins	Afternoon Yoga by Jang 60 mins		Vinyasa Yoga by Jang 60 mins <b>(15.00-16.00)</b> ***	Afternoon Yoga by Jang 60 mins		Afternoon Yoga by A 60 mins
Regular / Spa Getaway Pkg	16.00 – 17.00	Function Training by A 60 mins ***	Massage Workshop by Jang 45 mins **	DIY Facial-Body Scrub Workshop by SPA 45 mins *		Finger labyrinth walk by Tania 60 mins *	Cooking Demo by Dada 45 mins <b>(17.30-18.15)</b> *	Foundation Training 60 mins **

Level of Challenge	<ul style="list-style-type: none"> <li>- Wellness class promotion: Buy 1 Get 1 Free for any group wellness classes (except private classes)</li> <li>- To join the scheduled group wellness activity 1 class pass @500 THB / person, 2 class pass @ 1,000THB / person</li> <li>- Private one-on-one 45-60 mins class (max. 2 people) @1,400 THB, 90mins class @ 2,200THB</li> <li>- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 750THB/person</li> <li>- Wellness Class Cancellation policy: free cancellation up to 5pm of the day before, any cancellations after or no-show will be charged 100% of class price</li> </ul>	Special evening class	
* Refreshing			
** Energizing			
*** Sweating			



## Wellness Activities Descriptions

<p><b><u>Classes by A</u></b></p> <p><b>Bamboo Stick Exercise</b> In this class we will be using a bamboo stick to guide us through some qigong movement exercises, to help encourage balance, proper posture alignment, and a strong stance.</p> <p><b>Beginner's Guide to Five Elements</b> Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. In this class, we will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.</p> <p><b>Beginner's Guide to Crystals</b> Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. In this class, we will learn how to use crystals in our daily life.</p> <p><b>Foundation Training</b> A workout with awareness combining techniques from Qi Gong, Yoga, Core Exercise and Mindfulness Meditation to energize and strengthen our core muscles for better stability. <i>*no need to wear the sports shoes to class.</i></p>	<p><b>Function Training</b> Function training is a program designed to blend various training modalities to perform the activities of daily life more efficiently by improving functionality and mobility to reduce the risk of injury. <i>*no need to wear the sports shoes to class.</i></p> <p><b>HappyDANCE</b> This is a fun class to tap into the joy and passion within. Start with connecting to one's energy body, followed by easy moves and dance to your own rhythm.</p> <p><b>HappyHeart Project</b> A special workshop series to bring more joy into your life.</p> <p><b>1 - HappyNATURE</b> Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.</p> <p><b>2 - HappyMOVEMENT</b> Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.</p> <p><b>3 - HappyLIFE</b> Deepen your self-awareness and gratitude in life through games and meditations.</p> <p><b>4 - HappyAWAKENING</b> Learn about the fundamentals of what chakras (energy centers) are and how we can balance our physical, emotional and mental health.</p>	<p><b>5 - HappyCOLORS</b> A fun time to connect with our inner artist and to experiment with colors and paint mindfully.</p> <p><b>Intro to Energy Healing</b> Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!</p> <p><b>In-Touch Movement Meditation</b> In-touch is a movement awareness meditation which involves coming into the body through movement and touch.</p> <p><b>Kaoshikii Dance</b> Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p><b>Nature Mandala</b> Connect with yourself and nature by creating your own natural Mandala with materials from nature only. A meditative and fun exercise to restore a sense of wholeness.</p> <p><b>Qi Gong / Tai Chi</b> Chen Tai Chi 18 form and Ba Duan Jin Qi Gong style - Chinese healing art emphasizing mindful movements, focusing on physical posture and harmonizing chi flow in the body.</p>	<p><b>Soul Connection</b> "Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and qigong exercises, following the inner energy with the nature of the cosmos.</p> <p><b><u>Classes by Jang</u></b></p> <p><b>Body Balance</b> Balance both your mind and body with a flowing mixture of Tai Chi, Pilates, and Yoga movements to help build your strength, flexibility and balance at the same time.</p> <p><b>Massage Workshop</b> Learn some easy self-massage or couple massage techniques to use at home.</p> <p><b>Stretching</b> Learn how to release stiffness of your body with the easy-to-follow stretching techniques.</p> <p><b>Vinyasa Yoga</b> A sequence of Yoga Asanas coordinating each movement with breathing to flow from one pose to the next.</p> <p><b><u>Classes by Tanja</u></b></p> <p><b>Cacao Ceremony</b> Since ancient times, cacao has been considered as a "food for the Gods" due to its amazing properties to uplift our mood and to connect deeper into our heart space. In this class, we will drink a cup of cacao with intention and to experience its wisdom through meditation and other modalities.</p>	<p><b>Fire Release Ceremony</b> In this simple yet powerful healing ceremony, we will write down what we want to release from our lives and let go of them in the fire.</p> <p><b>Kirtan</b> Devotional chanting opens our hearts and allows us to connect with the love that is within and all around us. A light-hearted time to sing, express your voice and have fun.</p> <p><b>Inner Dance Sound Healing</b> A meditative journey with music, allowing each person to enter a trance-like state of awareness. This healing modality may help to release any emotions or energies that no longer serve us, access our inner wisdom for guidance, or invoke a deep sense of silence and peace.</p> <p><b>Intro to Oracle Cards</b> Oracle card is a user-friendly divination tool to ask for Universe's guidance and to help us tune into our intuition. The great thing about oracle cards is that anyone can do it. In this introductory class, we learn simple ways to use oracle cards to help us find clarity.</p> <p><b>Labyrinth Walk</b> The labyrinth is a spiritual tool for transformation that helps to quiet the mind, release emotions and encourage insights. Join us at our classical labyrinth in our bamboo forest for a walking meditation to receive healing and insights.</p>	<p><b>Mantra + Mudra</b> Bhakti Yoga is the yoga of devotion and a path of love. Through storytelling, practice of japa (repetition of a mantra), and meditation with mudra, we learn to invoke each deity's divine qualities within us and build our own relationship directly with the Divine / Universe.</p> <p><b>Shamanic Journey</b> Shamanism is an ancient way of life where we honor Nature and a spiritual path of direct revelation. In Shamanic journey, you are guided to journey with your heart to the transcendent realms and to connect with your helping spirits for guidance and support in your daily life.</p> <p><b>Your Superpower no.1: Meditation - Find What Works for You</b> In this workshop, we explore easy meditations and simple tools to help kickstart a regular meditation practice for you.</p> <p><b>Your Superpower no.2: Imagination - Create Your Vision Mandala for Clarity</b> With imagination, we can start to consciously create our life in our mind's eye. In this workshop, we will make a vision mandala, a creative collage to express our Soul's intention and affirmation.</p>	<p><b>Your Superpower no.3: Intuition - Listen to the Wisdom Within</b> Intuition is our inner compass that guides us to live a meaningful life aligned with our soul purpose. In this workshop, we will discover how our intuition speaks to us and build confidence to trust our intuition.</p> <p><b><u>Classes by Museflower Team</u></b></p> <p><b>D.I.Y Spa Classes</b> Learn how to prepare your own body scrub, facial mask, or more. You will be surprised how easy it is with all-natural ingredients.</p> <p><b>Farm Tour</b> (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</p> <p><b>Cooking Demonstration</b> Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.</p> <p><b>Food Carving Class</b> Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p><b>Guided Cycling Tour</b> No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. <i>*please wear sports shoes and clothes: cover your shoulders - knees to class.</i></p>
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# Wellness Activity Schedule: May 21<sup>st</sup> - 27<sup>th</sup>, 2023

Advanced reservations are required for all classes, and cancellation charge applies.

For guests holding a class pass, please pass it to the Reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 21	MON 22	TUES 23	WEDS 24	THURS 25	FRI 26	SAT 27
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga 60 mins						
	08.00 – 08.30	Meditation 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins *	Bamboo Stick Exercise 60 mins **	Soul Connection 60 mins **	Stretching 60 mins **	Farm Tour by Tony (Complimentary) 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 60 mins <b>(07.00-08.00)</b> ***	Qi Gong 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyHeart Project-5: HappyCOLORS by A 90 mins (Cost: 2 class pass) *	N/A	Mantra + Mudra: Creativity with Saraswati by Tania 90 mins (Cost: 2 class pass) *	N/A	Your Superpower no.3: Intuition - Listen to the Wisdom Within by Tania 90 mins (Cost: 2 class pass) *
Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga 60 mins						
Regular / Spa Getaway Pkg	16.00 – 17.00	Function Training 60 mins ***	Intro to Energy Healing 60 mins *	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Foundation Training 60 mins ***	Kirtan with Tania 60 mins *	Cooking Demo by Dada 45 mins <b>(17.30-18.15)</b> *	Vinyasa Yoga 60 mins <b>(15.00-16.00)</b> ***

Level of Challenge	- Wellness class promotion: Buy 1 Get 1 Free for any group wellness classes (except private classes) - To join the scheduled group wellness activity 1 class pass @500 THB / person, 2 class pass @ 1,000THB / person	Special evening class
* Refreshing	- Private one-on-one 45-60 mins class (max. 2 people) @1,400 THB, 90mins class @ 2,200THB - Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 750THB/person - Wellness Class Cancellation policy: free cancellation up to 5pm of the day before, any cancellations after or no-show will be charged 100% of class price	
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*** Sweating		



## Wellness Activities Descriptions

<p><b><u>Classes by A</u></b></p> <p><b>Bamboo Stick Exercise</b> In this class we will be using a bamboo stick to guide us through some qigong movement exercises, to help encourage balance, proper posture alignment, and a strong stance.</p> <p><b>Beginner's Guide to Five Elements</b> Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. In this class, we will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.</p> <p><b>Beginner's Guide to Crystals</b> Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. In this class, we will learn how to use crystals in our daily life.</p> <p><b>Foundation Training</b> A workout with awareness combining techniques from Qi Gong, Yoga, Core Exercise and Mindfulness Meditation to energize and strengthen our core muscles for better stability. <i>*no need to wear the sports shoes to class.</i></p>	<p><b>Function Training</b> Function training is a program designed to blend various training modalities to perform the activities of daily life more efficiently by improving functionality and mobility to reduce the risk of injury. <i>*no need to wear the sports shoes to class.</i></p> <p><b>HappyDANCE</b> This is a fun class to tap into the joy and passion within. Start with connecting to one's energy body, followed by easy moves and dance to your own rhythm.</p> <p><b>HappyHeart Project</b> A special workshop series to bring more joy into your life.</p> <p><b>1 - HappyNATURE</b> Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.</p> <p><b>2 - HappyMOVEMENT</b> Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.</p> <p><b>3 - HappyLIFE</b> Deepen your self-awareness and gratitude in life through games and meditations.</p> <p><b>4 - HappyAWAKENING</b> Learn about the fundamentals of what chakras (energy centers) are and how we can balance our chakras to help improve our physical, emotional and mental health.</p>	<p><b>5 - HappyCOLORS</b> A fun time to connect with our inner artist and to experiment with colors and paint mindfully.</p> <p><b>Intro to Energy Healing</b> Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!</p> <p><b>In-Touch Movement Meditation</b> In-touch is a movement awareness meditation which involves coming into the body through movement and touch.</p> <p><b>Kaoshikii Dance</b> Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p><b>Nature Mandala</b> Connect with yourself and nature by creating your own natural Mandala with materials from nature only. A meditative and fun exercise to restore a sense of wholeness.</p> <p><b>Qi Gong / Tai Chi</b> Chen Tai Chi 18 form and Ba Duan Jin Qi Gong style - Chinese healing art emphasizing mindful movements, focusing on physical posture and harmonizing chi flow in the body.</p>	<p><b>Soul Connection</b> "Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and qigong exercises, following the inner energy with the nature of the cosmos.</p> <p><b>Stretching</b> Learn how to release stiffness of your body with the easy-to- follow stretching techniques.</p> <p><b>Vinyasa Yoga</b> A sequence of Yoga Asanas coordinating each movement with breathing to flow from one pose to the next.</p> <p><b><u>Classes by Tania</u></b></p> <p><b>Cacao Ceremony</b> Since ancient times, cacao has been considered as a "food for the Gods" due to its amazing properties to uplift our mood and to connect deeper into our heart space. In this class, we will drink a cup of cacao with intention and to experience its wisdom through meditation and other modalities.</p> <p><b>Fire Release Ceremony</b> In this simple yet powerful healing ceremony, we will write down what we want to release from our lives and let go of them in the fire.</p> <p><b>Kirtan</b> Devotional chanting opens our hearts and allows us to connect with the love that is within and all around us. A light-hearted time to sing, express your voice and have fun.</p>	<p><b>Inner Dance Sound Healing</b> A meditative journey with music, allowing each person to enter a trance-like state of awareness. This healing modality may help to release any emotions or energies that no longer serve us, access our inner wisdom for guidance, or invoke a deep sense of silence and peace.</p> <p><b>Intro to Oracle Cards</b> Oracle card is a user-friendly divination tool to ask for Universe's guidance and to help us tune into our intuition. The great thing about oracle cards is that anyone can do it. In this introductory class, we learn simple ways to use oracle cards to help us find clarity.</p> <p><b>Labyrinth Walk</b> The labyrinth is a spiritual tool for transformation that helps to quiet the mind, release emotions and encourage insights. Join us at our classical labyrinth in our bamboo forest for a walking meditation to receive healing and insights.</p> <p><b>Mantra + Mudra</b> Bhakti Yoga is the yoga of devotion and a path of love. Through storytelling, practice of japa (repetition of a mantra), and meditation with mudra, we learn to invoke each deity's divine qualities within us and build our own relationship directly with the Divine / Universe.</p>	<p><b>Shamanic Journey</b> Shamanism is an ancient way of life where we honor Nature and a spiritual path of direct revelation. In Shamanic journey, you are guided to journey with your heart to the transcendent realms and to connect with your helping spirits for guidance and support in your daily life.</p> <p><b>Your Superpower no.1: Meditation - Find What Works for You</b> In this workshop, we explore easy meditations and simple tools to help kickstart a regular meditation practice for you.</p> <p><b>Your Superpower no.2: Imagination - Create Your Vision Mandala for Clarity</b> With imagination, we can start to consciously create our life in our mind's eye. In this workshop, we will make a vision mandala, a creative collage to express our Soul's intention and affirmation.</p> <p><b>Your Superpower no.3: Intuition - Listen to the Wisdom Within</b> Intuition is our inner compass that guides us to live a meaningful life aligned with our soul purpose. In this workshop, we will discover how our intuition speaks to us and build confidence to trust our intuition.</p>	<p><b><u>Classes by Museflower Team</u></b></p> <p><b>D.I.Y Spa Classes</b> Learn how to prepare your own body scrub, facial mask, or more. You will be surprised how easy it is with all-natural ingredients.</p> <p><b>Farm Tour</b> (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</p> <p><b>Cooking Demonstration</b> Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.</p> <p><b>Food Carving Class</b> Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p><b>Guided Cycling Tour</b> No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. <i>*please wear sports shoes and clothes that cover your shoulders and knees to class.</i></p> <p><b>Massage Workshop</b> Learn some easy self-massage or couple massage techniques to use at home.</p>
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# Wellness Activity Schedule: May 28<sup>th</sup> - June 3<sup>rd</sup>, 2023

Advanced reservations are required for all classes, and cancellation charge applies.

For guests holding a class pass, please pass it to the Reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 28	MON 29	TUES 30	WEDS 31	THURS Jun-1	FRI 2	SAT 3
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga by A 60 mins						
	08.00 – 08.30	Meditation 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins *	Bamboo Stick Exercise 60 mins **	Soul Connection 60 mins **	Stretching 60 mins **	Farm Tour by Tony (Complimentary) 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 60 mins <b>(07.00-08.00)</b> ***	Tai Chi 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyHeart Project-1: HappyNATURE by A 90 mins (Cost: 2 class pass) *	N/A	Your Superpower no.1: Meditation - Find What Works for You by Tania 90 mins (Cost: 2 class pass) *	N/A	Full Moon Fire Release Ceremony by Tania 90 mins (Cost: 2 class pass) *
Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga By A 60 mins						
Regular / Spa Getaway Pkg	16.00 – 17.00	Function Training 60 mins ***	Intro to Energy Healing 60 mins *	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Foundation Training 60 mins ***	Intro to Oracle Cards by Tania 60 mins *	Cooking Demo by Dada 45 mins <b>(17.30-18.15)</b> *	Vinyasa Yoga 60 mins <b>(15.00-16.00)</b> ***

Level of Challenge	<ul style="list-style-type: none"> <li>- Wellness class promotion: Buy 1 Get 1 Free for any group wellness classes (except private classes)</li> <li>- To join the scheduled group wellness activity 1 class pass @500 THB / person, 2 class pass @ 1,000THB / person</li> <li>- Private one-on-one 45-60 mins class (max. 2 people) @1,400 THB, 90mins class @ 2,200THB</li> <li>- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 750THB/person</li> <li>- Wellness Class Cancellation policy: free cancellation up to 5pm of the day before, any cancellations after or no-show will be charged 100% of class price</li> </ul>	Special evening class
* Refreshing		
** Energizing		
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## Wellness Activities Descriptions

<p><b><u>Classes by A</u></b></p> <p><b>Bamboo Stick Exercise</b> In this class we will be using a bamboo stick to guide us through some qigong movement exercises, to help encourage balance, proper posture alignment, and a strong stance.</p> <p><b>Beginner's Guide to Five Elements</b> Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. In this class, we will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.</p> <p><b>Beginner's Guide to Crystals</b> Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. 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