



Wellness Activity Schedule: Sep 29th - Oct 5th, 2024

Advanced reservations are required for all classes, and cancellation charges apply.

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 29	MON 30	TUES Oct-1	WEDS 2	THURS 3	FRI 4	SAT 5
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) 90 mins (07.00-08.30) (Cost: 2 class pass) ***	Tai Chi 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyMOVEMENT – Tune in your inner self with movement by A 90 mins (Cost: 2 class pass) **	N/A	Yoga Mantra & Mudra for Inspiring Creativity by Tania 90 mins (Cost: 2 class pass) *	N/A	Meditation for Beginners: Explore Meditation with Your Six Senses 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 *	DIY Healing Crystal Bracelets by A 60 mins Material cost: 270THB/bracelet *	Cooking Demo by Arun 45 mins *

Level of Challenge	<ul style="list-style-type: none"> - Wellness class promotion: Buy 1 class pass at 350THB (original price 500THB) - To join the scheduled group wellness activity 1 class pass @500 THB /person, 2 class pass @ 1,000THB /person - Private one-on-one 45-60 mins class (max. 2 people) @1,500 THB, 90mins class @ 2,400THB - Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 800THB/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 	Special evening class
* Refreshing		
** Energizing		



*** Sweating

Wellness Activities Descriptions

<p>Classes by A Bamboo Stick Exercise 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>Beginner's Guide to Crystals 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>DIY Healing Crystal Bracelets Let's get crafty! Create a unique & personalized crystal bracelet for yourself or your beloved one (Material cost: 270THB /bracelet)</p> <p>Foundation Training 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>Function Training 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>HappyDANCE 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>HappyHeart Project A special workshop series to bring more joy into your life. 1 - HappyNATURE Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.</p> <p>2 - HappyMOVEMENT Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.</p> <p>3 - HappyLIFE Deepen your self-awareness and gratitude in life through games and meditations.</p> <p>4 - HappyAWAKENING 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>5 - HappyCOLORS A fun time to connect with our inner artist and to experiment with colors and paint mindfully.</p> <p>Intro to Energy Healing Energy healing can promote well-being by helping to release energy blockages. Experience how energy</p>	<p>In-Touch Movement Meditation In-touch is a movement awareness meditation which involves coming into the body through movement and touch.</p> <p>Journey Through Sacred Geometry 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>Kaoshikii Dance Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p>Nature Mandala 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>Qi Gong / Tai Chi 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>Massage + Energy Workshop Learn to ground your energy with easy self-massage techniques to use at home.</p>	<p>Soul Connection "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>Stretching Learn how to release stiffness of your body with the easy-to- follow stretching techniques.</p> <p>Vinyasa Yoga A sequence of Yoga Asanas coordinating each movement with breathing to flow from one pose to the next.</p> <p>Classes by Tania</p> <p>Cacao Ceremony 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>Fire Release Ceremony 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>Kirtan 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>Inner Dance Sound Healing 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>Intro to Oracle Cards 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>Labyrinth Walk 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>Mantra + Mudra 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>Shamanic Journey 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>Meditation for Beginners: Explore Meditation with Your Six Senses In this workshop, we explore different meditation techniques that appeal to each of the six senses.</p> <p>Imagination - Create Your Vision Mandala for Clarity 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>Intuition Development - Discover how your Intuition speaks to you 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>Classes by Museflower Team Cooking Demonstration Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.</p> <p>D.I.Y Spa Classes 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>Farm Tour (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</p> <p>Food Carving Class Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p>Guided Cycling Tour 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>
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	healing works and anyone can do it!					
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Wellness Activity Schedule: Oct 6th - 12th, 2024

Advanced reservations are required for all classes, and cancellation charges apply.

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 6	MON 7	TUES 8	WEDS 9	THURS 10	FRI 11	SAT 12
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) 90 mins (07.00-08.30) (Cost: 2 class pass) ***	Qi Gong 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyLIFE – Tools to help you receive more joy in life by A 90 mins (Cost: 2 class pass) *	N/A	Cacao Ceremony + Shamanic Journey by Tania 90 mins (Cost: 2 class pass) *	N/A	HappyAWAKENING – Learn to balance our chakras by A 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 *	DIY Healing Crystal Bracelets by A 60 mins Material cost: 270THB/bracelet *	Food Carving by Arun 45 mins *

Level of Challenge	<ul style="list-style-type: none"> - Wellness class promotion: Buy 1 class pass at 350THB (original price 500THB) - To join the scheduled group wellness activity 1 class pass @500 THB /person, 2 class pass @ 1,000THB /person - Private one-on-one 45-60 mins class (max. 2 people) @1,500 THB, 90mins class @ 2,400THB - Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 800THB/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 	Special evening class
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Create a unique & personalized crystal bracelet for yourself or your beloved one (Material cost: 270THB /bracelet)</p> <p>Foundation Training 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>Function Training 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>HappyDANCE 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>HappyHeart Project A special workshop series to bring more joy into your life. 1 - HappyNATURE Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.</p> <p>2 - HappyMOVEMENT Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.</p> <p>3 - HappyLIFE Deepen your self-awareness and gratitude in life through games and meditations.</p> <p>4 - HappyAWAKENING 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>5 - HappyCOLORS A fun time to connect with our inner artist and to experiment with colors and paint mindfully.</p> <p>Intro to Energy Healing Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!</p>	<p>In-Touch Movement Meditation In-touch is a movement awareness meditation which involves coming into the body through movement and touch.</p> <p>Journey Through Sacred Geometry 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>Kaoshikii Dance Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p>Nature Mandala Connect with yourself and nature by creating your own natural Mandala with materials from nature only. 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Wellness Activity Schedule: Oct 13th - 19th, 2024

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Package	Time	SUN 13	MON 14	TUES 15	WEDS 16	THURS 17	FRI 18	SAT 19
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) 90 mins (07.00-08.30) (Cost: 2 class pass) ***	Tai Chi 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyCOLORS – Bring out your inner artist to experiment mindfully with colors by A 90 mins (Cost: 2 class pass) *	N/A	Beginner's Guide to Healing Crystal by A 90 mins (Cost: 2 class pass) *	N/A	Energy Massage Workshop by A 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 **	DIY Healing Crystal Bracelets by A 60 mins Material cost: 270THB/bracelet *	Kaoshikii Dance 45 mins **	Cooking Demo by Arun 45 mins *

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Wellness Activity Schedule: Oct 20th - 26th, 2024

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

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Package	Time	SUN 20	MON 21	TUES 22	WEDS 23	THURS 24	FRI 25	SAT 26
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Create a unique & personalized crystal bracelet for yourself or your beloved one (Material cost: 270THB /bracelet)</p> <p>Foundation Training 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>Function Training 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>HappyDANCE 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>HappyHeart Project A special workshop series to bring more joy into your life. 1 - HappyNATURE Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.</p> <p>2 - HappyMOVEMENT Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.</p> <p>3 - HappyLIFE Deepen your self-awareness and gratitude in life through games and meditations.</p> <p>4 - HappyAWAKENING 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>5 - HappyCOLORS A fun time to connect with our inner artist and to experiment with colors and paint mindfully.</p> <p>Intro to Energy Healing Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!</p>	<p>In-Touch Movement Meditation In-touch is a movement awareness meditation which involves coming into the body through movement and touch.</p> <p>Journey Through Sacred Geometry 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>Kaoshikii Dance Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.</p> <p>Nature Mandala 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>Qi Gong / Tai Chi 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>Massage + Energy Workshop Learn to ground your energy with easy self-massage techniques to use at home.</p>	<p>Soul Connection "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>Stretching Learn how to release stiffness of your body with the easy-to- follow stretching techniques.</p> <p>Vinyasa Yoga A sequence of Yoga Asanas coordinating each movement with breathing to flow from one pose to the next.</p> <p>Classes by Tania</p> <p>Cacao Ceremony 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>Fire Release Ceremony 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>Kirtan 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>Inner Dance Sound Healing 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>Intro to Oracle Cards 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>Labyrinth Walk 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>Mantra + Mudra 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>Shamanic Journey 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>Meditation for Beginners: Explore Meditation with Your Six Senses In this workshop, we explore different meditation techniques that appeal to each of the six senses.</p> <p>Imagination - Create Your Vision Mandala for Clarity 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>Intuition Development - Discover how your Intuition speaks to you 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>Classes by Museflower Team Cooking Demonstration Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.</p> <p>D.I.Y Spa Classes 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>Farm Tour (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</p> <p>Food Carving Class Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).</p> <p>Guided Cycling Tour 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>
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Wellness Activity Schedule: Oct 27th - Nov 2nd, 2024

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 27	MON 28	TUES 29	WEDS 30	THURS 32	FRI Nov-1	SAT 2
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) 90 mins (07.00-08.30) (Cost: 2 class pass) ***	Tai Chi 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyMOVEMENT – Tune in your inner self with movement by A 90 mins (Cost: 2 class pass) **	N/A	Intuition Development by Tania 90 mins (Cost: 2 class pass) *	N/A	Beginner's Guide to Healing Crystal by A 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 **	Inner Dance Sound Healing by Tania 75 mins *	DIY Healing Crystal Bracelets by A 60 mins Material cost: 270THB/bracelet *	Cooking Demo by Arun 45 mins *

Level of Challenge	<ul style="list-style-type: none"> - Wellness class promotion: Buy 1 class pass at 350THB (original price 500THB) - To join the scheduled group wellness activity 1 class pass @500 THB /person, 2 class pass @ 1,000THB /person - Private one-on-one 45-60 mins class (max. 2 people) @1,500 THB, 90mins class @ 2,400THB - Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 800THB/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 	Special evening class
* Refreshing		
** Energizing		
*** Sweating		



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