



Wellness Activity Schedule: Dec 1st - 7th, 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 1	MON 2	TUES 3	WEDS 4	THURS 5	FRI 6	SAT 7
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 **	Sound Healing 60 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	Cacao Ceremony + Yoga Nidra by Youmin Yap and Tania Ho 120 mins (10.30-12.30) (Cost: 1,600THB or 4 class passes from retreat package) *	N/A	N/A	N/A	Energy + Massage Workshop by A 90 mins (Cost: 2 class pass) **	N/A	Journey Through Sacred Geometry 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 **	Kirtan with Tania 60 mins *	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet *	Cooking Demo by Arun 45 mins *

Level of Challenge		Special Event
* Refreshing	- 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	Sacred Rest with Nature: a Soulful Retreat with Youmin Yap and Tania Ho Nov 29 - Dec 4, 2024
** Energizing		
*** Sweating		



Wellness Activities Descriptions

<p>Classes by A</p> <p>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>Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.</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.</p> <p>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>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>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>Sound Healing A vibrational sound meditation to help relax your mind and body and to harmonize your energy. Begin by sound exercise to balance your inner 5-Elements, then you will lie down and enjoy the healing sounds from the Gong and Tibetan singing bowls.</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</p> <p>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: Dec 8th - 14th, 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 8	MON 9	TUES 10	WEDS 11	THURS 12	FRI 13	SAT 14
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 **	Sound Healing 60 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	Beginner's Guide to Healing Crystal by A 90 mins (Cost: 2 class pass) *	N/A	Intuition Development - Discover how your Intuition speaks to 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 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 cost:270THB/bracele t *	Food Carving by Arun 45 mins *

Level of Challenge		Special class
* Refreshing	- 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	
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Create a unique & personalized crystal bracelet for yourself or your beloved one (Material cost: 270THB /bracelet)</p> <p>Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.</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.</p> <p>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>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>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>Sound Healing A vibrational sound meditation to help relax your mind and body and to harmonize your energy. Begin by sound exercise to balance your inner 5-Elements, then you will lie down and enjoy the healing sounds from the Gong and Tibetan singing bowls.</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. 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Wellness Activity Schedule: Dec 15th - 21st, 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 15	MON 16	TUES 17	WEDS 18	THURS 19	FRI 20	SAT 21
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 **	Sound Healing 60 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	Massage + Energy Workshop by A 90 mins (Cost: 2 class pass) **	N/A	Yoga Mantra & Mudra for Abundance by Tania 90 mins (Cost: 2 class pass) *	N/A	Winter Solstice Labyrinth Walk 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 cost:270THB/bracelet t *	Cooking Demo by Arun 45 mins *

Level of Challenge		Special evening class
* Refreshing	- 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	
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Create a unique & personalized crystal bracelet for yourself or your beloved one (Material cost: 270THB /bracelet)</p> <p>Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.</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.</p> <p>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. Intro to Energy Healing Energy healing can promote well-being by helping to release energy blockages. 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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 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. 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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. 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. 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Wellness Activity Schedule: Dec 22nd - 28th, 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 22	MON 23	TUES 24	WEDS 25	THURS 26	FRI 27	EARTH SAT 28
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 **	Sound Healing 60 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	Yoga Mantra + Mudra to Remove Obstacles by Tania 90 mins (Cost: 2 class pass) *	N/A	Cacao Ceremony + Labyrinth Walk with 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 **	Shamanic Journey by Tania 60 mins *	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet † *	Cooking Demo by Arun 45 mins *

Level of Challenge		Special classes
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** Energizing		
*** Sweating		



Wellness Activities Descriptions

<p>Classes by A</p> <p>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>Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.</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.</p> <p>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. 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>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>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. Sound Healing A vibrational sound meditation to help relax your mind and body and to harmonize your energy. Begin by sound exercise to balance your inner 5-Elements, then you will lie down and enjoy the healing sounds from the Gong and Tibetan singing bowls.</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. 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</p> <p>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: Dec 29th 2024 - Jan 4th, 2025

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	AIR SUN 29	WATER MON 30	FIRE TUES 31	ETHER WEDS Jan-1	THURS 2	FRI 3	SAT 4
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga 60 mins			N/A *no 7am yoga	Morning Yoga 60 mins		
	08.00 – 08.30	Meditation 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Stretching 60 mins **	Soul Connection 60 mins **	Bamboo Stick Exercise 60 mins **	Hatha Yoga 60 mins **	Open The Door of Life Qi Gong 60 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	Energy Activation with Sound Healing by A 90 mins (Cost: 2 class pass) *	Cacao Ceremony + Ho'oponopono by Tania 90 mins (Cost: 2 class pass) *	Fire Releasing Ceremony & Kirtan by Tania 90 mins (Cost: 2 class pass) *	Prayer Tree Ceremony – Let Nature Inspire by A (Cost: 2 class pass) 90 mins *	N/A	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 ***	Color Splash 60 mins *	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Kaoshikii Dance 45 mins **	Foundation Training 60 mins **	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet * †	Cooking Demo by Arun 45 mins *
Special Evening Class	20.00 – 21.00	HappyDance by A 60 mins **	N/A	Connect in the Dark by A 60 mins *	N/A	N/A	N/A	N/A

Level of Challenge		Special classes
* Refreshing	- 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 New Year Classes – Recalibrate Yourself from Transformation to Truth Dec 28, 2024 – Jan 1, 2025
** Energizing		
*** Sweating		



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Create a unique & personalized crystal bracelet for yourself or your beloved one (Material cost: 270THB /bracelet)</p>	<p>Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.</p> <p>Open The Door of Life Qi Gong Using movement and tapping on your body's electromagnetic points and meridian lines to mobilize your health and well-being.</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. 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