

## Wellness Activity Schedule: Mar 2<sup>nd</sup>- 8<sup>th</sup>, 2025

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 2	MON 3	TUES 4	WEDS	THURS 6	FRI 7	SAT 8
Yoga Retreat	07.00 – 08.00	2	5		Morning Yoga 60 mins		,	0
Pkg	08.00 – 08.30				Meditation 30 mins			
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins *	Bamboo Stick Exercise 60 mins **	Breathing Exercise 45 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	HappyLIFE – Tools to help you receive more joy in life by A 90 mins (Cost: 2 class pass) *	N/A	Yoga Mantra + Mudra for Courage 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 **	Kaoshikii Dance 45 mins **	DIY Healing Crystal Bracelets by A 60 mins cost 270 THB/bracelet *	Cooking Demo by Arun 45 mins *

Level of Challenge	- Wellness class promotion: Buy 1 class pass at 350 THB (original price 500 THB)	Special evening class
* Refreshing	- 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	
** Energizing	- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 800 THB/person - Wellness Class Cancellation policy: free cancellation up to 5pm of the day before, any cancellations after or	
*** Sweating	no-show will be charged 100% of class price	



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each of the six senses. help find clarity. support in your daily life.					help find clarity.				



## Wellness Activity Schedule: Mar 9<sup>th</sup> - 15<sup>th</sup>, 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	SUN 9	MON 10	TUES 11	WEDS 12	THURS 13	FRI 14	SAT 15
Yoga Retreat	07.00 – 08.00	Morning Yoga 60 mins						
Pkg	08.00 – 08.30	Medit 30 n						
Regular / Spa Getaway Pkg	08.30 – 09.30	Nature Mandala 60 mins *	Bamboo Stick Exercise 60 mins **					
Vibrational Healing Class	10.30 – 12.00	N/A	N/A		<b>Temporary Closure</b> Mar 10 – 31, 2025			
Yoga Retreat Pkg	15.00 – 16.00	Afternoon Yoga 60 mins						
Regular / Spa Getaway Pkg	16.00 – 17.00	Function Training 60 mins ***						

Level of Challenge	- 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	Special evening class
* Refreshing	- 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	
** Energizing	- 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	



\*\*\* Sweating Wellness Activities Descriptions 5 - HappyCOLORS Function Training Soul Connection Create Your Vision Mandala Kirtan Classes by Museflower Classes by A Bamboo Stick Exercise Function training is a A fun time to connect with "Energy Wheel Practice" is a for Clarity Devotional chanting opens Team In this class we will be using a program designed to blend our inner artist and to modern Chinese spiritual With imagination, we can our hearts and allows us to Cooking Demonstration bamboo stick to guide us various training modalities to experiment with colors and practice that combines start to consciously create connect with the love that is Learn how to prepare easy perform the activities of daily paint mindfully. meditation and aiaona our life in our mind's eve. In through some gigong within and all around us. A vegetarian Thai dishes to movement exercises, to help life more efficiently by exercises, following the inner this workshop, we will light-hearted time to sing, recreate the Museflower energy with the nature of the encourage balance, proper improving functionality and Intro to Energy Healing make a vision mandala, a express your voice and have food experience back mobility to reduce the risk of posture alignment, and a Energy healing can promote cosmos. creative collage to express fun. home strong stance. injury. well-being by helping to our Soul's intention and \*no need to wear the sports release energy blockages. Sound Healina affirmation. Intuition Development D.I.Y Spa Classes shoes to class. Beginner's Guide to Crystals Experience how energy A vibrational sound Intuition is our inner compass Learn how to prepare your Crystals have been used since healing works and anyone meditation to help relax your Energy Tools for the that guides us to live a own body scrub, facial mind and body and to meaningful life aligned with ancient civilizations for HappvDANCE can do it! Sensitives mask or more. You will be harmonize your energy. our soul purpose. Discover harmonizing and clearing This is a fun class to tap into Are you feeling surprised how easy it is Begin by sound exercise to energies so we can realign Journey Through Sacred how your intuition speaks with the joy and passion within. overwhelmed by your with all-natural with our health on all levels. In balance your inner you and build confidence to Start with connecting to one's Geometry sensitivities? Learn tools to ingredients. this class, we will learn how to 5-Elements, then you will lie ground, clear and protect energy body, followed by easy Our body, as a reflection of trust your intuition. use crystals in our daily life. down and enjoy the healing moves and dance to your own the Universe, is a temple your energy so you can live Farm Tour (Complimentary) sounds from the Gong and as your authentic self. rhythm. where the five elements of Labyrinth Walk Guests can enjoy a fun tour **DIY Healing Crystal Bracelets** Tibetan sinaina bowls. Earth, Water, Fire, Air and The labyrinth is a spiritual tool in our vegetable and herb Let's get crafty! Create a Ether (Spirit) reside and Fire Release Ceremony for transformation that helps garden, collect fresh duck HappyHeart Project unique & personalized crystal Stretching A special workshop series to co-exist together in harmony. In this simple yet powerful to quiet the mind, release eggs and feed our ducks Learn how to release stiffness bracelet for yourself or your bring more joy into your life. In this class, we will learn healing ceremony, we will emotions and encourage beloved one (Material cost: how the elements and sacred of your body with the write down what we want insights. Join us at our **Food Carving Class** 270THB /bracelet) easy-to- follow stretching 1 - HappvNATURE geometry impact our health, to release from our lives classical labyrinth in our Learn how to carve and practice meditation with techniques. and let go of them in the Be inspired by the abundance bamboo forest for a walking the wisdom of the Universe. Energy + Massage Workshop of Nature with walking and Vinyasa Yoga fire. meditation to receive healing own meals, wowing your A sequence of Yoga Asanas and insights. Learn to ground your energy meditating in nature, and quests (and yourself). Kaoshikii Dance coordinating each movement with easy self-massage creating nature mandala art. Inner Dance Sound Healing techniques to use at home. Kaoshikii dance is a rhythmic with breathing to flow from A meditative journey with Mantra + Mudra **Guided Cycling Tour** voaic dance that helps to one pose to the next. 2 - HappyMOVEMENT music, allowing each Bhakti Yoga is the yoga of No better way to exercise Foundation Training Experience the power of touch develop mental stamina and person to enter a devotion and a path of love. strength. **Classes by Tania** trance-like state of Through storytelling, practice A workout with awareness and movement with partner Cacao Ceremony of japa (repetition of a awareness. This healing combining techniques from Qi exercises, games, and Nature Mandala Since ancient times, cacao modality may help to mantra), and meditation with Gong, Yoga, Core Exercise and meditation to learn to local village. 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> 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

bodv.

Oi Gona / 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

Easy Meditation for Beginners In this workshop, we explore different meditation

other modalities.

and to experience its wisdom

through meditation and

Intro to Oracle Cards Oracle card is a user-friendly divination tool to ask for Universe's quidance and to help us

tune into our intuition In

learn simple ways to use

this introductory class, we

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

vegetables to decorate your

while enjoying the scenery around our area, you'll get to visit our nearest lake and \*please wear sports shoes and clothes that cover vour



	techniques that appeal to	oracle cards for ourselves to	spirits for guidance and	
	each of the six senses.	help find clarity.	support in your daily life.	

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