



# Wellness Activity Schedule: Apr 27<sup>th</sup> - May 3<sup>rd</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 27	MON 28	TUES 29	WEDS 30	THURS May-1	FRI 2	SAT 3
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	Breathing Exercise 45 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	Journey Through Sacred Geometry by A 90 mins (Cost: 2 class pass) *	N/A	Cacao Ceremony + Shamanic Journey by Tania 90 mins (Cost: 2 class pass) *	N/A	HappyLIFE – Tools to help you receive more joy in life 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 cost 270 THB/bracelet *	Food Carving by Arun 45 mins *

Level of Challenge	<ul style="list-style-type: none"> <li>- Wellness class promotion: Buy 1 get 1 free (pay 500 THB for 2 x 60-min classes, 1000 THB for 2 x 90-min 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) @1,500 THB, 90mins class @ 2,400THB</li> <li>- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 1,000 THB/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>Classes by A</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 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>Breathing Exercise</b> The breathing technique to improve the cardiovascular system, immune system, metabolism and adrenaline hormone</p> <p><b>DIY Healing Crystal Bracelets</b> Let's get crafty! Create a unique &amp; personalized crystal bracelet for yourself or your beloved one <b>(Material cost: 270THB /bracelet)</b></p> <p><b>Energy + Massage Workshop</b> Learn to ground your energy with easy self-massage techniques to use at home.</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>Journey Through Sacred Geometry</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>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>Sound Healing</b> 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><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>Classes by Tania</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>Easy Meditation for Beginners</b> In this workshop, we explore different meditation techniques that appeal to each of the six senses.</p>	<p><b>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>Energy Tools for the Sensitive</b> Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.</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>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 In this introductory class, we learn simple ways to use oracle cards for ourselves to help find clarity.</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>Intuition Development</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>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>Classes by Museflower Team</b></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>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 (Complimentary)</b> Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</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>
--	---	---	---	---	--	---



# Wellness Activity Schedule: May 4<sup>th</sup> - 10<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 4	MON 5	TUES 6	WEDS 7	THURS 8	FRI 9	SAT 10
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	Breathing Exercise 45 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 <b>(07.00-08.30)</b> (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	HappyAWAKENING – Learn to balance our chakras 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 **	Kaoshikii Dance 45 mins **	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet *	Cooking Demo by Arun 45 mins *

Level of Challenge	<ul style="list-style-type: none"> <li>- Wellness class promotion: Buy 1 get 1 free (pay 500 THB for 2 x 60-min classes, 1000 THB for 2 x 90-min 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) @1,500 THB, 90mins class @ 2,400THB</li> <li>- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 1,000 THB/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>Classes by A</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 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>Breathing Exercise</b> The breathing technique to improve the cardiovascular system, immune system, metabolism and adrenaline hormone</p> <p><b>DIY Healing Crystal Bracelets</b> Let's get crafty! Create a unique &amp; personalized crystal bracelet for yourself or your beloved one <b>(Material cost: 270THB /bracelet)</b></p> <p><b>Energy + Massage Workshop</b> Learn to ground your energy with easy self-massage techniques to use at home.</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. <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>Journey Through Sacred Geometry</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>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. <b>Sound Healing</b> 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. <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>Classes by Tania</b> <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>Easy Meditation for Beginners</b> In this workshop, we explore different meditation techniques that appeal to each of the six senses.</p>	<p><b>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. <b>Energy Tools for the Sensitive</b> Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.</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>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. In this introductory class, we learn simple ways to use oracle cards for ourselves to help find clarity.</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. <b>Intuition Development</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>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>Classes by Museflower Team</b></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>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 (Complimentary)</b> Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</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>
--	---	--	--	---	---	---



# Wellness Activity Schedule: May 11<sup>th</sup> - 17<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 11	MON 12	TUES 13	WEDS 14	THURS 15	FRI 16	SAT 17
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	Breathing Exercise 45 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 <b>(07.00-08.30)</b> (Cost: 2 class pass) ***	Qi Gong 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	Full Moon Cacao + Fire Release Ceremony by Tania 90 mins (Cost: 2 class pass) *	N/A	Energy Tools for the Sensitives 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 **	Shamanic Journey by Tania 60 mins *	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet *	Food Carving by Arun 45 mins *

Level of Challenge	<ul style="list-style-type: none"> <li>- Wellness class promotion: Buy 1 get 1 free (pay 500 THB for 2 x 60-min classes, 1000 THB for 2 x 90-min 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) @1,500 THB, 90mins class @ 2,400THB</li> <li>- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 1,000 THB/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>Classes by A</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 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>Breathing Exercise</b> The breathing technique to improve the cardiovascular system, immune system, metabolism and adrenaline hormone</p> <p><b>DIY Healing Crystal Bracelets</b> Let's get crafty! Create a unique &amp; personalized crystal bracelet for yourself or your beloved one <b>(Material cost: 270THB /bracelet)</b></p> <p><b>Energy + Massage Workshop</b> Learn to ground your energy with easy self-massage techniques to use at home.</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>Journey Through Sacred Geometry</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>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>Sound Healing</b> 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><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>Classes by Tania</b> <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>Easy Meditation for Beginners</b> In this workshop, we explore different meditation techniques that appeal to each of the six senses.</p>	<p><b>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>Energy Tools for the Sensitive</b> Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.</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>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 In this introductory class, we learn simple ways to use oracle cards for ourselves to help find clarity.</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>Intuition Development</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>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>Classes by Museflower Team</b></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>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 (Complimentary)</b> Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</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>
--	--	---	--	---	---	---



# Wellness Activity Schedule: May 18<sup>th</sup> - 24<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 18	MON 19	TUES 20	WEDS 21	THURS 22	FRI 23	SAT 24
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	Breathing Exercise 45 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	HappyLIFE – Tools to help you receive more joy in life by A 90 mins (Cost: 2 class pass) *	N/A	Yoga Mantra & Mudra for Embracing Change 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 **	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	- Wellness class promotion: Buy 1 get 1 free (pay 500 THB for 2 x 60-min classes, 1000 THB for 2 x 90-min classes) - 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 @ 1,000 THB/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><b>Classes by A</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 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>Breathing Exercise</b> The breathing technique to improve the cardiovascular system, immune system, metabolism and adrenaline hormone</p> <p><b>DIY Healing Crystal Bracelets</b> Let's get crafty! Create a unique &amp; personalized crystal bracelet for yourself or your beloved one <b>(Material cost: 270THB /bracelet)</b></p> <p><b>Energy + Massage Workshop</b> Learn to ground your energy with easy self-massage techniques to use at home.</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>Journey Through Sacred Geometry</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>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>Sound Healing</b> 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><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>Classes by Tania</b> <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>Easy Meditation for Beginners</b> In this workshop, we explore different meditation techniques that appeal to each of the six senses.</p>	<p><b>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>Energy Tools for the Sensitive</b> Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.</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>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 In this introductory class, we learn simple ways to use oracle cards for ourselves to help find clarity.</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>Intuition Development</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>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>Classes by Museflower Team</b></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>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 (Complimentary)</b> Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</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>
--	--	---	--	---	--	---





# Wellness Activity Schedule: May 25<sup>th</sup> - 31<sup>st</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 25	MON 26	TUES 27	WEDS 28	THURS 29	FRI 30	SAT 31
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	Breathing Exercise 45 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 <b>(07.00-08.30)</b> (Cost: 2 class pass) ***	Qi Gong 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	Create Your Vision Mandala for Clarity by Tania 90 mins (Cost: 2 class pass) *	N/A	Intuition Development by Tania 90 mins (Cost: 2 class pass) *	N/A	HappyLIFE – Tools to help you receive more joy in life 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:270THB/bracelet *	Food Carving by Arun 45 mins *

Level of Challenge	<ul style="list-style-type: none"> <li>- Wellness class promotion: Buy 1 get 1 free (pay 500 THB for 2 x 60-min classes, 1000 THB for 2 x 90-min 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) @1,500 THB, 90mins class @ 2,400THB</li> <li>- Private group 45- 60 mins class (min. 3 people) @500 THB / person, 90 mins class @ 1,000 THB/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>Classes by A</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 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>Breathing Exercise</b> The breathing technique to improve the cardiovascular system, immune system, metabolism and adrenaline hormone</p> <p><b>DIY Healing Crystal Bracelets</b> Let's get crafty! Create a unique &amp; personalized crystal bracelet for yourself or your beloved one <b>(Material cost: 270THB /bracelet)</b></p> <p><b>Energy + Massage Workshop</b> Learn to ground your energy with easy self-massage techniques to use at home.</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>Journey Through Sacred Geometry</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>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>Sound Healing</b> 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><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>Classes by Tania</b> <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>Easy Meditation for Beginners</b> In this workshop, we explore different meditation techniques that appeal to each of the six senses.</p>	<p><b>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>Energy Tools for the Sensitive</b> Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.</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>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 In this introductory class, we learn simple ways to use oracle cards for ourselves to help find clarity.</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>Intuition Development</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>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>Classes by Museflower Team</b></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>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 (Complimentary)</b> Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks</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>
--	--	---	--	---	--	---