

Wellness Activity Schedule: Apr 27th - May 3rd, 2025

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

Package	Time	SUN 27	MON 28	TUES 29	WEDS 30	THURS May-1	FRI 2	SAT 3
Yoga Retreat	07.00 – 08.00				Morning Yoga 60 mins			
Pkg	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	- 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)	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 @ 1,000 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	



	Wellness Activities Descriptions									
Classes by A	Function Training	5 - HappyCOLORS	Soul Connection	Create Your Vision Mandala	Kirtan	Classes by Museflower				
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	program designed to blend	our inner artist and to	modern Chinese spiritual	With imagination, we can	our hearts and allows us to	Cooking Demonstration				
a 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				
through some gigong	perform the activities of daily	paint mindfully.	meditation and gigong	our life in our mind's eye. In	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				
encourage balance, proper	improving functionality and	Intro to Energy Healing	energy with the nature of the	make a vision mandala, a	express your voice and have	food experience back				
posture alignment, and a	mobility to reduce the risk of	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 Healing	affirmation.	Intuition Development	D.I.Y Spa Classes				
Beginner's Guide to Crystals	shoes to class.	Experience how energy	A vibrational sound		Intuition is our inner compass	Learn how to prepare your				
Crystals have been used		healing works and anyone	meditation to help relax your	Energy Tools for the	that guides us to live a	own body scrub, facial				
since ancient civilizations	HappyDANCE	can do it!	mind and body and to	Sensitives	meaningful life aligned with	mask or more. You will be				
for harmonizing and	This is a fun class to tap into		harmonize your energy.	Are you feeling	our soul purpose. In this	surprised how easy it is				
clearing energies so we can	the joy and passion within.	Journey Through Sacred	Begin by sound exercise to	overwhelmed by your	workshop, we will discover	with all-natural				
realign with our health on	Start with connecting to one's	Geometry	balance your inner	sensitivities? Learn tools to	how our intuition speaks to us	ingredients.				
all levels. In this class, we	energy body, followed by easy	Our body, as a reflection of	5-Elements, then you will lie	ground, clear and protect	and build confidence to trust					
will learn how to use	moves and dance to your	the Universe, is a temple	down and enjoy the healing	your energy so you can live	our intuition.	Farm Tour (Complimentary)				
crystals in our daily life.	own rhythm.	where the five elements of	sounds from the Gong and	as your authentic self.		Guests can enjoy a fun tour				
		Earth, Water, Fire, Air and	Tibetan singing bowls.		Labyrinth Walk	in our vegetable and herb				
Breathing Exercise	HappyHeart Project	Ether (Spirit) reside and		Fire Release Ceremony	The labyrinth is a spiritual tool	garden, collect fresh duck				
The breathing technique to	A special workshop series to	co-exist together in harmony.	Stretching	In this simple yet powerful	for transformation that helps	eggs and feed our ducks				
improve the cardiovascular	bring more joy into your life.	In this class, we will learn	Learn how to release stiffness	healing ceremony, we will	to quiet the mind, release					
system, immune system,		how the elements and sacred	of your body with the	write down what we want	emotions and encourage	Food Carving Class				
metabolism and adrenaline	1 - HappyNATURE	geometry impact our health,	easy-to- follow stretching	to release from our lives	insights. Join us at our	Learn how to carve				
hormone	Be inspired by the abundance	and practice meditation with	techniques.	and let go of them in the	classical labyrinth in our	vegetables to decorate your				
DN(11-allin - Crustel	of Nature with walking and	the wisdom of the Universe.		fire.	bamboo forest for a walking	own meals, wowing your				
DIY Healing Crystal	meditating in nature, and	Kaashihii Danas	Vinyasa Yoga		meditation to receive healing	guests (and yourself).				
Bracelets	creating nature mandala art.	Kaoshikii Dance	A sequence of Yoga Asanas coordinating each movement	Inner Dance Sound Healing	and insights.					
Let's get crafty! Create a unique & personalized		Kaoshikii dance is a rhythmic yogic dance that helps to	with breathing to flow from	A meditative journey with	Mantra + Mudra	Guided Cycling Tour				
crystal bracelet for yourself	2 - HappyMOVEMENT	develop mental stamina and	one pose to the next.	music, allowing each person to enter a	Bhakti Yoga is the yoga of	No better way to exercise				
or your beloved one	Experience the power of touch and movement with partner	strength.	one pose to the next.	trance-like state of	devotion and a path of love.	while enjoying the scenery				
(Material cost: 270THB	exercises, games, and	stiength.	Classes by Tania	awareness. This healing	Through storytelling, practice	around our area, you'll get				
/bracelet)	meditation to learn to	Nature Mandala	Cacao Ceremony	modality may help to	of japa (repetition of a	to visit our nearest lake and local village.				
Joraceter	connect with ourselves and	Connect with yourself and	Since ancient times, cacao	release any emotions or	mantra), and meditation with	*Please wear sports shoes				
Energy + Massage Workshop	others.	nature by creating your own	has been considered as a	energies that no longer	mudra, we learn to invoke	and clothes that cover your				
Learn to ground your energy	others.	natural Mandala with	"food for the Gods" due to its	serve us, access our inner	each deity's divine qualities	shoulders and knees to				
with easy self-massage	3 - HappyLIFE	materials from nature only. A	amazing properties to uplift	wisdom for guidance, or	within us and build our own	class.				
techniques to use at home.	Deepen your self-awareness	meditative and fun exercise	our mood and to connect	invoke a deep sense of	relationship directly with the	ciuss.				
	and gratitude in life through	to restore a sense of	deeper into our heart space.	silence and peace.	Divine / Universe.					
Foundation Training	games and meditations.	wholeness.	In this class, we will drink a		Shamanic Journey					
A workout with awareness	g	Qi Gong / Tai Chi	cup of cacao with intention	Intro to Oracle Cards	Shamanism is an ancient way					
combining techniques from	4 - HappyAWAKENING	Chen Tai Chi 18 form and Ba	and to experience its wisdom	Oracle card is a	of life where we honor Nature					
Qi Gong, Yoga, Core Exercise	Learn about the	Duan Jin Qi Gong style -	through meditation and	user-friendly divination tool	and a spiritual path of direct					
and Mindfulness Meditation	fundamentals of what	Chinese healing art	other modalities.	to ask for Universe's	revelation. In Shamanic					
to energize and strengthen	chakras (energy centers) are	emphasizing mindful	Easy Meditation for	guidance and to help us	journey, you are guided to					
our core muscles for better	and how we can balance our	movements, focusing on	Beginners	tune into our intuition In	journey with your heart to the					
stability.	chakras to help improve our	physical posture and	In this workshop, we explore	this introductory class, we	transcendent realms and to					
*no need to wear the sports	physical, emotional and	harmonizing chi flow in the	different meditation	learn simple ways to use	connect with your helping					
shoes to class.	mental health.	body.	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.					



Wellness Activity Schedule: May 4th - 10th, 2025

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

Package	Time	SUN	MON	TUES	WEDS	THURS	FRI	SAT
Yoga Retreat	07.00 – 08.00	4	5	6	7 Morning Yoga 60 mins	8	9	10
Pkg	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	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	- 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)	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 @ 1,000 THB/person - Wellness Class Cancellation policy: free cancellation up to 5pm of the day before, any cancellations after or	
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		Well	ness Activities Descrip	tions		
<u>Classes by A</u>	Function Training	5 - HappyCOLORS	Soul Connection	Create Your Vision Mandala	Kirtan	Classes by Museflower
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	program designed to blend	our inner artist and to	modern Chinese spiritual	With imagination, we can	our hearts and allows us to	Cooking Demonstration
a 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
through some qigong	perform the activities of daily	paint mindfully.	meditation and qigong	our life in our mind's eye. In	within and all around us. A	vegetarian Thai dishes to
movement exercises, to help	life more efficiently by	Intro to Energy Healing	exercises, following the inner	this workshop, we will	light-hearted time to sing,	recreate the Museflower
encourage balance, proper	improving functionality and	Energy healing can promote	energy with the nature of the	make a vision mandala, a	express your voice and have	food experience back
posture alignment, and a	mobility to reduce the risk of	well-being by helping to	cosmos.	creative collage to express	fun.	home.
strong stance.	injury.	release energy blockages.	Sound Healing	our Soul's intention and	Intuition Development	
Ū.	*no need to wear the sports	Experience how energy	A vibrational sound	affirmation.	Intuition is our inner compass	D.I.Y Spa Classes
Beginner's Guide to Crystals	shoes to class.	healing works and anyone	meditation to help relax your	Energy Tools for the	that guides us to live a	Learn how to prepare your
Crystals have been used		can do it!	mind and body and to	Sensitives	meaningful life aligned with	own body scrub, facial
since ancient civilizations	HappyDANCE		harmonize your energy.	Are you feeling	our soul purpose. In this	mask or more. You will be
for harmonizing and	This is a fun class to tap into	Journey Through Sacred	Begin by sound exercise to	overwhelmed by your	workshop, we will discover	surprised how easy it is
clearing energies so we can	the joy and passion within.	Geometry	balance your inner	sensitivities? Learn tools to	how our intuition speaks to us	with all-natural
realign with our health on	Start with connecting to one's	Our body, as a reflection of	5-Elements, then you will lie	ground, clear and protect	and build confidence to trust	ingredients.
all levels. In this class, we	energy body, followed by easy	the Universe, is a temple	down and enjoy the healing	your energy so you can live	our intuition.	ingreatents.
will learn how to use	moves and dance to your	where the five elements of	sounds from the Gong and	as your authentic self.		Farm Tour (Complimentary)
crystals in our daily life.	own rhythm.	Earth, Water, Fire, Air and	Tibetan singing bowls.	us your durientie seif.	Labyrinth Walk	Guests can enjoy a fun tour
	own my chin.	Ether (Spirit) reside and	Stretching	Fire Release Ceremony	The labyrinth is a spiritual tool	in our vegetable and herb
Breathing Exercise	HappyHeart Project	co-exist together in harmony.	Learn how to release stiffness	In this simple yet powerful	for transformation that helps	garden, collect fresh duck
The breathing technique to	A special workshop series to	In this class, we will learn	of your body with the	healing ceremony, we will	to quiet the mind, release	eggs and feed our ducks
improve the cardiovascular	bring more joy into your life.	how the elements and sacred	easy-to- follow stretching	write down what we want	emotions and encourage	eggs and feed our ducks
system, immune system,	oring more joy mto your tife.	geometry impact our health,	techniques.	to release from our lives	insights. Join us at our	Food Carving Class
metabolism and adrenaline	1 - HappyNATURE	and practice meditation with	teeningues.	and let go of them in the	classical labyrinth in our	Learn how to carve
hormone	Be inspired by the abundance	the wisdom of the Universe.	Vinyasa Yoga	fire.	bamboo forest for a walking	vegetables to decorate your
normone	of Nature with walking and	the wisdom of the oniverse.	A sequence of Yoga Asanas	Ine.	meditation to receive healing	own meals, wowing your
DIY Healing Crystal	meditating in nature, and	Kaoshikii Dance	coordinating each movement	Inner Dance Sound Healing	and insights.	
Bracelets	creating nature mandala art.	Kaoshikii dance is a rhythmic	with breathing to flow from	A meditative journey with	unu maignes.	guests (and yourself).
Let's get crafty! Create a	creating nature manada art.	yogic dance that helps to	one pose to the next.	music, allowing each	Mantra + Mudra	Guided Cycling Tour
unique & personalized	2 - НарруМОVЕМЕНТ	develop mental stamina and	one pose to the next.	person to enter a	Bhakti Yoga is the yoga of	, , ,
crystal bracelet for yourself	Experience the power of touch	strength.	Classes by Tania	trance-like state of	devotion and a path of love.	No better way to exercise
or your beloved one	and movement with partner	strengtn.	Cacao Ceremony	awareness. This healing	Through storytelling, practice	while enjoying the scenery
(Material cost: 270THB		Nature Mandala	Since ancient times, cacao	modality may help to	of japa (repetition of a	around our area, you'll get
• • • • • • • • • • • • • • • • • • • •	exercises, games, and		has been considered as a		mantra), and meditation with	to visit our nearest lake and
/bracelet)	meditation to learn to connect with ourselves and	Connect with yourself and nature by creating your own		release any emotions or energies that no longer	mudra, we learn to invoke	local village.
Francis Managara Minuhaham		natural Mandala with	"food for the Gods" due to its		each deity's divine qualities	*Please wear sports shoes
Energy + Massage Workshop	others.	materials from nature only. A	amazing properties to uplift our mood and to connect	serve us, access our inner wisdom for guidance, or	within us and build our own	and clothes that cover your
Learn to ground your energy	2 // 0000 /////	meditative and fun exercise			relationship directly with the	shoulders and knees to
with easy self-massage	3 - HappyLIFE	· ·	deeper into our heart space.	invoke a deep sense of	Divine / Universe.	class.
techniques to use at home.	Deepen your self-awareness	to restore a sense of	In this class, we will drink a	silence and peace.	Divine / Universe.	
	and gratitude in life through	wholeness.	cup of cacao with intention	Interaction Operation Country	Champenia la uma au	
Foundation Training	games and meditations.		and to experience its wisdom	Intro to Oracle Cards	Shamanic Journey	
A workout with awareness		Qi Gong / Tai Chi	through meditation and	Oracle card is a	Shamanism is an ancient way	
combining techniques from	4 - HappyAWAKENING	Chen Tai Chi 18 form and Ba	other modalities.	user-friendly divination tool	of life where we honor Nature	
Qi Gong, Yoga, Core Exercise	Learn about the	Duan Jin Qi Gong style -	E M - d'A - 4'	to ask for Universe's	and a spiritual path of direct	
and Mindfulness Meditation	fundamentals of what	Chinese healing art	Easy Meditation for	guidance and to help us	revelation. In Shamanic	
to energize and strengthen	chakras (energy centers) are	emphasizing mindful	Beginners	tune into our intuition In	journey, you are guided to	
our core muscles for better	and how we can balance our	movements, focusing on	In this workshop, we explore	this introductory class, we	journey with your heart to the	
stability.	chakras to help improve our	physical posture and	different meditation	learn simple ways to use	transcendent realms and to	
*no need to wear the sports	physical, emotional and	harmonizing chi flow in the	techniques that appeal to	oracle cards for ourselves to	connect with your helping	
shoes to class.	mental health.	body.	each of the six senses.	help find clarity.	spirits for guidance and	
					support in your daily life.	



Wellness Activity Schedule: May 11th - 17th, 2025

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Package	Time	SUN 11	MON 12	TUES 13	WEDS 14	THURS 15	FRI 16	SAT 17
Yoga Retreat	07.00 – 08.00				Morning Yoga 60 mins			
Pkg	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	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 *

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	Wellness Activities Descriptions									
<u>Classes by A</u>	Function Training	5 - HappyCOLORS	Soul Connection	Create Your Vision Mandala	Kirtan	Classes by Museflower				
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	program designed to blend	our inner artist and to	modern Chinese spiritual	With imagination, we can	our hearts and allows us to	Cooking Demonstration				
a 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				
through some qigong	perform the activities of daily	paint mindfully.	meditation and qigong	our life in our mind's eye. In	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				
encourage balance, proper	improving functionality and	Intro to Energy Healing	energy with the nature of the	make a vision mandala, a	express your voice and have	food experience back				
posture alignment, and a	mobility to reduce the risk of	Energy healing can promote	cosmos.	creative collage to express	fun	home.				
strong stance.	injury.	well-being by helping to	Sound Healing	our Soul's intention and	Intuition Development					
	*no need to wear the sports	release energy blockages.	A vibrational sound	affirmation.	Intuition is our inner compass	D.I.Y Spa Classes				
Beginner's Guide to Crystals	shoes to class.	Experience how energy	meditation to help relax your		that guides us to live a	Learn how to prepare your				
Crystals have been used		healing works and anyone	mind and body and to	Energy Tools for the	meaningful life aligned with	own body scrub, facial				
since ancient civilizations	HappyDANCE	can do it!	harmonize your energy.	Sensitives	our soul purpose. In this	mask or more. You will be				
for harmonizing and	This is a fun class to tap into		Begin by sound exercise to	Are you feeling	workshop, we will discover	surprised how easy it is				
clearing energies so we can	the joy and passion within.	Journey Through Sacred	balance your inner	overwhelmed by your	how our intuition speaks to us	with all-natural				
realign with our health on	Start with connecting to one's	Geometry	5-Elements, then you will lie	sensitivities? Learn tools to	and build confidence to trust	ingredients.				
all levels. In this class, we	energy body, followed by easy	Our body, as a reflection of	down and enjoy the healing	ground, clear and protect	our intuition.					
will learn how to use	moves and dance to your	the Universe, is a temple	sounds from the Gong and	your energy so you can live	Labyrinth Walk	Farm Tour (Complimentary)				
crystals in our daily life.	own rhythm.	where the five elements of	Tibetan singing bowls.	as your authentic self.	The labyrinth is a spiritual tool	Guests can enjoy a fun tour				
Duesthing Evension		Earth, Water, Fire, Air and	Stretching	Fine Dalara Community	for transformation that helps	in our vegetable and herb				
Breathing Exercise	HappyHeart Project	Ether (Spirit) reside and	Learn how to release stiffness	Fire Release Ceremony	to quiet the mind, release	garden, collect fresh duck				
The breathing technique to	A special workshop series to	co-exist together in harmony.	of your body with the	In this simple yet powerful	emotions and encourage insights. Join us at our	eggs and feed our ducks				
improve the cardiovascular system, immune system,	bring more joy into your life.	In this class, we will learn how the elements and sacred	easy-to- follow stretching techniques.	healing ceremony, we will write down what we want	5	Faced Counting Class				
metabolism and adrenaline		geometry impact our health,	techniques.	to release from our lives	classical labyrinth in our bamboo forest for a walking	Food Carving Class				
hormone	<i>1 - HappyNATURE</i> Be inspired by the abundance	and practice meditation with	Vinyasa Yoga	and let go of them in the	meditation to receive healing	Learn how to carve				
nonnone	of Nature with walking and	the wisdom of the Universe.	A sequence of Yoga Asanas	fire.	and insights.	vegetables to decorate your own meals, wowing your				
DIY Healing Crystal	meditating in nature, and	the wisdom of the oniverse.	coordinating each movement	lite.	unu msignts.	guests (and yourself).				
Bracelets	creating nature mandala art.	Kaoshikii Dance	with breathing to flow from	Inner Dance Sound Healing	Mantra + Mudra	guests (and yourself).				
Let's get crafty! Create a	creating nature mandata art.	Kaoshikii dance is a rhythmic	one pose to the next.	A meditative journey with	Bhakti Yoga is the yoga of	Guided Cycling Tour				
unique & personalized	2 - HappyMOVEMENT	yogic dance that helps to		music, allowing each	devotion and a path of love.	No better way to exercise				
crystal bracelet for yourself	Experience the power of touch	develop mental stamina and	Classes by Tania	person to enter a	Through storytelling, practice	while enjoying the scenery				
or your beloved one	and movement with partner	strength.	Cacao Ceremony	trance-like state of	of japa (repetition of a	around our area, you'll get				
(Material cost: 270THB	exercises, games, and		Since ancient times, cacao	awareness. This healing	mantra), and meditation with	to visit our nearest lake and				
/bracelet)	meditation to learn to	Nature Mandala	has been considered as a	modality may help to	mudra, we learn to invoke	local village.				
,	connect with ourselves and	Connect with yourself and	"food for the Gods" due to its	release any emotions or	each deity's divine qualities	*Please wear sports shoes				
Energy + Massage Workshop	others.	nature by creating your own	amazing properties to uplift	energies that no longer	within us and build our own	and clothes that cover your				
Learn to ground your energy		natural Mandala with	our mood and to connect	serve us, access our inner	relationship directly with the	shoulders and knees to				
with easy self-massage	3 - HappyLIFE	materials from nature only. A	deeper into our heart space.	wisdom for guidance, or	Divine / Universe.	class.				
techniques to use at home.	Deepen your self-awareness	meditative and fun exercise	In this class, we will drink a	invoke a deep sense of		ciu55.				
·	and gratitude in life through	to restore a sense of	cup of cacao with intention	silence and peace.	Shamanic Journey					
Foundation Training	games and meditations.	wholeness.	and to experience its wisdom		Shamanism is an ancient way					
A workout with awareness		Qi Gong / Tai Chi	through meditation and	Intro to Oracle Cards	of life where we honor Nature					
combining techniques from	4 - HappyAWAKENING	Chen Tai Chi 18 form and Ba	other modalities.	Oracle card is a	and a spiritual path of direct					
Qi Gong, Yoga, Core Exercise	Learn about the	Duan Jin Qi Gong style -		user-friendly divination tool	revelation. In Shamanic					
and Mindfulness Meditation	fundamentals of what	Chinese healing art	Easy Meditation for	to ask for Universe's	journey, you are guided to					
to energize and strengthen	chakras (energy centers) are	emphasizing mindful	Beginners	guidance and to help us	journey with your heart to the					
our core muscles for better	and how we can balance our	movements, focusing on	In this workshop, we explore	tune into our intuition In	transcendent realms and to					
stability.	chakras to help improve our	physical posture and	different meditation	this introductory class, we	connect with your helping					
*no need to wear the sports	physical, emotional and	harmonizing chi flow in the	techniques that appeal to	learn simple ways to use	spirits for guidance and					
shoes to class.	mental health	body.	each of the six senses.	oracle cards for ourselves to	support in your daily life.					
				help find clarity.						



Wellness Activity Schedule: May 18th - 24th, 2025

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

Package	Time	SUN 18	MON 19	TUES 20	WEDS 21	THURS 22	FRI 23	SAT 24
Yoga Retreat	07.00 – 08.00				Morning Yoga 60 mins			
Pkg	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)	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 @ 1,000 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	



	Wellness Activities Descriptions									
<u>Classes by A</u>	Function Training	5 - HappyCOLORS	Soul Connection	Create Your Vision Mandala	Kirtan	Classes by Museflower				
Bamboo Stick Exercise	Function training is a	A fun time to connect with	"Energy Wheel Practice" is a	for Clarity	Devotional chanting opens	<u>Team</u>				
In this class we will be using	program designed to blend	our inner artist and to	modern Chinese spiritual	With imagination, we can	our hearts and allows us to	Cooking Demonstration				
a 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				
through some qigong	perform the activities of daily	paint mindfully.	meditation and qigong	our life in our mind's eye. In	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				
encourage balance, proper	improving functionality and	Intro to Energy Healing	energy with the nature of the	make a vision mandala, a	express your voice and have	food experience back				
posture alignment, and a	mobility to reduce the risk of	Energy healing can promote	cosmos.	creative collage to express	fun.	home.				
strong stance.	injury.	well-being by helping to	Sound Healing	our Soul's intention and	Intuition Development					
	*no need to wear the sports	release energy blockages.	A vibrational sound	affirmation.	Intuition is our inner compass	D.I.Y Spa Classes				
Beginner's Guide to Crystals	shoes to class.	Experience how energy	meditation to help relax your	Energy Tools for the	that guides us to live a	Learn how to prepare your				
Crystals have been used		healing works and anyone	mind and body and to	Sensitives	meaningful life aligned with	own body scrub, facial				
since ancient civilizations	HappyDANCE	can do it!	harmonize your energy.	Are you feeling	our soul purpose. In this	mask or more. You will be				
for harmonizing and	This is a fun class to tap into		Begin by sound exercise to	overwhelmed by your	workshop, we will discover	surprised how easy it is				
clearing energies so we can	the joy and passion within.	Journey Through Sacred	balance your inner	sensitivities? Learn tools to	how our intuition speaks to us	with all-natural				
realign with our health on	Start with connecting to one's	Geometry	5-Elements, then you will lie	ground, clear and protect	and build confidence to trust	ingredients.				
all levels. In this class, we	energy body, followed by easy	Our body, as a reflection of	down and enjoy the healing	your energy so you can live	our intuition.					
will learn how to use	moves and dance to your	the Universe, is a temple	sounds from the Gong and	as your authentic self.		Farm Tour (Complimentary)				
crystals in our daily life.	own rhythm.	where the five elements of	Tibetan singing bowls.		Labyrinth Walk	Guests can enjoy a fun tour				
		Earth, Water, Fire, Air and	Stretching	Fire Release Ceremony	The labyrinth is a spiritual tool	in our vegetable and herb				
Breathing Exercise	HappyHeart Project	Ether (Spirit) reside and	Learn how to release stiffness	In this simple yet powerful	for transformation that helps	garden, collect fresh duck				
The breathing technique to	A special workshop series to	co-exist together in harmony.	of your body with the	healing ceremony, we will	to quiet the mind, release	eggs and feed our ducks				
improve the cardiovascular	bring more joy into your life.	In this class, we will learn	easy-to- follow stretching	write down what we want	emotions and encourage					
system, immune system,		how the elements and sacred	techniques.	to release from our lives	insights. Join us at our	Food Carving Class				
metabolism and adrenaline	1 - HappyNATURE	geometry impact our health,		and let go of them in the	classical labyrinth in our	Learn how to carve				
hormone	Be inspired by the abundance	and practice meditation with	Vinyasa Yoga	fire.	bamboo forest for a walking	vegetables to decorate your				
	of Nature with walking and	the wisdom of the Universe.	A sequence of Yoga Asanas		meditation to receive healing	own meals, wowing your				
DIY Healing Crystal	meditating in nature, and		coordinating each movement	Inner Dance Sound Healing	and insights.	guests (and yourself).				
Bracelets	creating nature mandala art.	Kaoshikii Dance	with breathing to flow from	A meditative journey with						
Let's get crafty! Create a		Kaoshikii dance is a rhythmic	one pose to the next.	music, allowing each	Mantra + Mudra	Guided Cycling Tour				
unique & personalized	2 - HappyMOVEMENT	yogic dance that helps to		person to enter a	Bhakti Yoga is the yoga of	No better way to exercise				
crystal bracelet for yourself	Experience the power of touch	develop mental stamina and	<u>Classes by Tania</u>	trance-like state of	devotion and a path of love.	while enjoying the scenery				
or your beloved one	and movement with partner	strength.	Cacao Ceremony	awareness. This healing	Through storytelling, practice	around our area, you'll get				
(Material cost: 270THB	exercises, games, and		Since ancient times, cacao	modality may help to	of japa (repetition of a	to visit our nearest lake and				
/bracelet)	meditation to learn to	Nature Mandala	has been considered as a	release any emotions or	mantra), and meditation with	local village.				
	connect with ourselves and	Connect with yourself and	"food for the Gods" due to its	energies that no longer	mudra, we learn to invoke	*Please wear sports shoes				
Energy + Massage Workshop	others.	nature by creating your own	amazing properties to uplift	serve us, access our inner	each deity's divine qualities	and clothes that cover your				
Learn to ground your energy		natural Mandala with	our mood and to connect	wisdom for guidance, or	within us and build our own	shoulders and knees to				
with easy self-massage	3 - HappyLIFE	materials from nature only. A	deeper into our heart space.	invoke a deep sense of	relationship directly with the	class.				
techniques to use at home.	Deepen your self-awareness	meditative and fun exercise	In this class, we will drink a	silence and peace.	Divine / Universe.					
	and gratitude in life through	to restore a sense of	cup of cacao with intention		Character La Jacon and					
Foundation Training	games and meditations.	wholeness.	and to experience its wisdom	Intro to Oracle Cards	Shamanic Journey					
A workout with awareness		Qi Gong / Tai Chi	through meditation and	Oracle card is a	Shamanism is an ancient way					
combining techniques from	4 - HappyAWAKENING	Chen Tai Chi 18 form and Ba	other modalities.	user-friendly divination tool	of life where we honor Nature					
Qi Gong, Yoga, Core Exercise	Learn about the	Duan Jin Qi Gong style -	For Maditation for	to ask for Universe's	and a spiritual path of direct					
and Mindfulness Meditation	fundamentals of what	Chinese healing art	Easy Meditation for	guidance and to help us	revelation. In Shamanic					
to energize and strengthen	chakras (energy centers) are	emphasizing mindful	Beginners	tune into our intuition In	journey, you are guided to					
our core muscles for better	and how we can balance our	movements, focusing on	In this workshop, we explore	this introductory class, we	journey with your heart to the					
stability.	chakras to help improve our	physical posture and	different meditation	learn simple ways to use	transcendent realms and to					
*no need to wear the sports	physical, emotional and	harmonizing chi flow in the	techniques that appeal to	oracle cards for ourselves to	connect with your helping					
shoes to class.	mental health	body.	each of the six senses.	help find clarity.	spirits for guidance and					
			l		support in your daily life.					



Wellness Activity Schedule: May 25th - 31st, 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 (07.00-08.30) (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	- 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)	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 @ 1,000 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	



Wellness Activities Descriptions									
Classes by A Function T	raining 5 - HappyCOLORS	Soul Connection	n (Create Your Vision Mandala	Kirtan	Classes by Museflower			
Bamboo Stick Exercise Function t	raining is a A fun time to connect	with "Energy Wheel P	Practice" is a 🛛 🥤 🕇	for Clarity	Devotional chanting opens	Team			
In this class we will be using program of	lesigned to blend our inner artist and to	o modern Chinese	e spiritual 🛛 🛛 🛛	With imagination, we can	our hearts and allows us to	Cooking Demonstration			
a bamboo stick to guide us various tro	aining modalities to experiment with color	rs and practice that co	ombines s	start to consciously create	connect with the love that is	Learn how to prepare easy			
through some qigong perform the	ne activities of daily paint mindfully.	meditation and	l qigong 🛛 🔤 d	our life in our mind's eye. In	within and all around us. A	vegetarian Thai dishes to			
	fficiently by	exercises, follow	5	this workshop, we will	light-hearted time to sing,	recreate the Museflower			
	functionality and Intro to Energy Healing			make a vision mandala, a	express your voice and have	food experience back			
	o reduce the risk of Energy healing can p			creative collage to express	fun.	home.			
strong stance. injury.	well-being by helping			our Soul's intention and					
	to wear the sports release energy block			affirmation.	Intuition Development	D.I.Y Spa Classes			
Beginner's Guide to Crystals shoes to c					Intuition is our inner compass	Learn how to prepare your			
Crystals have been used	healing works and ar		· · ·	Energy Tools for the	that guides us to live a	own body scrub, facial			
since ancient civilizations HappyDAI		mind and body		Sensitives	meaningful life aligned with	mask or more. You will be			
	in class to tap into	harmonize your	5,	Are you feeling	our soul purpose. In this	surprised how easy it is			
	d passion within. Journey Through Sac			overwhelmed by your	workshop, we will discover	with all-natural			
	connecting to one's Geometry	ion of 5-Elements, the		sensitivities? Learn tools to	how our intuition speaks to us	ingredients.			
	dy, followed by easy Our body, as a reflect		' 1	ground, clear and protect	and build confidence to trust our intuition.				
crystals in our daily life.	d dance to your the Universe, is a tem m. where the five elemer	J /	, s ,	your energy so you can live as your authentic self.	our multion.	Farm Tour (Complimentary) Guests can enjoy a fun tour			
Crystats in our daity tile. Own myth	Earth, Water, Fire, Air			us your duthentic self.	Labyrinth Walk	in our vegetable and herb			
Breathing Exercise HappyHea				Fire Release Ceremony	The labyrinth is a spiritual tool	garden, collect fresh duck			
· · · · · · · · · · · · · · · · · · ·	vorkshop series to co-exist together in h			In this simple yet powerful	for transformation that helps	eggs and feed our ducks			
	e joy into your life. In this class, we will le	, ,		healing ceremony, we will	to quiet the mind, release	eggs and feed but ducks			
system, immune system,	how the elements and			write down what we want	emotions and encourage	Food Carving Class			
metabolism and adrenaline 1 - Happy				to release from our lives	insights. Join us at our	Learn how to carve			
	d by the abundance and practice meditat			and let go of them in the	classical labyrinth in our	vegetables to decorate your			
	with walking and the wisdom of the Un	iverse.		fire.	bamboo forest for a walking	own meals, wowing your			
DIY Healing Crystal meditating	g in nature, and	Vinyasa Yoga			meditation to receive healing	guests (and yourself).			
Bracelets creating n	ature mandala art. Kaoshikii Dance	A sequence of Yo	'oga Asanas 🛛 🛽	Inner Dance Sound Healing	and insights.	5 . , .			
Let's get crafty! Create a	Kaoshikii dance is a r			A meditative journey with		Guided Cycling Tour			
	MOVEMENT yogic dance that help		· · ·	music, allowing each	Mantra + Mudra	No better way to exercise			
	e the power of touch develop mental stam	ina and one pose to the		person to enter a	Bhakti Yoga is the yoga of	while enjoying the scenery			
	ment with partner strength.			trance-like state of	devotion and a path of love.	around our area, you'll get			
	games, and	Classes by Tania		awareness. This healing	Through storytelling, practice	to visit our nearest lake and			
	n to learn to Nature Mandala	Cacao Ceremony		modality may help to	of japa (repetition of a	local village.			
	ith ourselves and Connect with yoursel		· · ·	release any emotions or	mantra), and meditation with	*Please wear sports shoes			
Energy + Massage Workshop others.	nature by creating yo natural Mandala with			energies that no longer serve us. access our inner	mudra, we learn to invoke each deity's divine qualities	and clothes that cover your			
Learn to ground your energy				wisdom for guidance, or	within us and build our own	shoulders and knees to			
with easy self-massage <i>3 - Happy</i> techniques to use at home. Deepen yo	our self-awareness meditative and fun ex	, , , , , , , , , , , , , , , , , , , ,		invoke a deep sense of	relationship directly with the	class.			
	ude in life through to restore a sense of	deeper into our		silence and peace.	Divine / Universe.				
Ĵ,	d meditations. wholeness.	In this class, we		siterice and peace.	Shamanic Journey				
A workout with awareness	Qi Gong / Tai Chi	cup of cacao wit		Intro to Oracle Cards	Shamanism is an ancient way				
	AWAKENING Chen Tai Chi 18 form	1 · ·		Oracle card is a	of life where we honor Nature				
Qi Gong, Yoga, Core Exercise Learn abo				user-friendly divination tool	and a spiritual path of direct				
	tals of what Chinese healing art	other modalities		to ask for Universe's	revelation. In Shamanic				
	nergy centers) are emphasizing mindful	Easy Meditation	n for g	guidance and to help us	journey, you are guided to				
	ve can balance our movements, focusing			tune into our intuition In	journey with your heart to the				
	help improve our physical posture and			this introductory class, we	transcendent realms and to				
*no need to wear the sports physical, e	motional and harmonizing chi flow			learn simple ways to use	connect with your helping				
shoes to class. mental he	alth body.	techniques that		oracle cards for ourselves to	spirits for guidance and				
		each of the six s	senses. h	help find clarity.	support in your daily life.				