



Wellness Activity Schedule: Jan 4th - 10th, 2026

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

For guests holding a class pass, please pass it to the reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 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 (07.00-08.30) (Cost: 2 class pass) ***	Qi Gong 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyNATURE – Be inspired by nature with forest meditation & nature mandala by A 90 mins (Cost: 2 class pass) *	N/A	Fire Release Ceremony by Tania 90 mins (Cost: 2 class pass) *	N/A	HappyLIFE – Tools to live your life with joyfulness 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 *	Foundation Training 60 mins **	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Inner Dance Sound Healing by Tania 75 mins *	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet *	Food Carving by Arun 45 mins *

Level of Challenge	Special Evening Class
* Refreshing	
** Energizing	
*** Sweating	

- Wellness class promotion: Buy 1 get 1 free (pay 500THB for 2 x 60-min classes, 1000THB 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



Wellness Activities Descriptions

Classes by Museflower Team	Cooking Demonstration	Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.
Classes by A Bamboo Stick Exercise Stretching along the Qi Gong movement with a bamboo stick, Help to encourage balance, proper posture alignment, and a strong stance.	Function Training Function training is a program designed to blend various training modalities to perform the activities of daily life more efficiently by improving functionality and mobility to reduce the risk of injury. <i>*no need to wear the sports shoes to class.</i>	HappyDANCE A fun and liberating time to tap into the joy and passion within. Start with connecting to your energy body, then express your joy through free-flowing movement on your own rhythm. To awaken your body, energize your spirit, and celebrate the "NOW".
Beginner's Guide to Crystals Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. In this class, we will learn how to use crystals in our daily life.	HappyHeart Project A special workshop series to bring more joy into your life.	Intro to Energy Healing Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!
Breathing Exercise The breathing technique to improve the cardiovascular system, immune system, metabolism and Dimethyltryptamine (DMT) hormone.	1 - HappyNATURE Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.	Journey Through Sacred Geometry Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. We will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.
DIY Healing Crystal Bracelets Let's get crafty! Create a unique & personalized crystal bracelet for yourself or your beloved one (Material cost: 270THB /bracelet)	2 - HappyMOVEMENT Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.	Kaoshikii Dance Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.
Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.	3 - HappyLIFE Integrate concepts from traditional Asian wisdom into your daily life with chanting, breathing exercises, and the organ body clock.	Qi Gong / Tai Chi Chen Tai Chi 18 form and Ba Duan Jin Qi Gong style - Chinese healing art emphasizing mindful movements, focusing on physical posture and harmonizing the Qi flows in your body.
Foundation Training A workout with awareness combining techniques from Qi Gong, Yoga, and Core Exercise to energize and strengthen our core muscles for better stability. <i>*no need to wear the sports shoes to class.</i>	4 - HappyAWAKENING Learn the fundamentals of what Chakras (energy centers) are and how we can balance our Chakras to help improve our physical, emotional & mental health.	Energy Tools for the Sensitives Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.
5 - HappyCOLORS A fun time to connect with our inner artist and to experiment with colors and paint mindfully.	Soul Connection "Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and Qi Gong exercises, following the inner energy with the nature of the Cosmos.	Fire Release Ceremony In this simple yet powerful healing ceremony, we will write down what we want to release from our lives and let go of them in the fire, leaving you feeling lighter.
	Sound Healing A vibrational sound meditation to help relax your mind - 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.	Inner Dance Sound Healing A meditative journey with music, allowing you to enter a trance-like state of awareness. This healing modality can help to release any emotions or energies that no longer serve you, access your inner wisdom for guidance, or invoke a deep sense of silence and peace.
	Stretching Learn how to release stiffness of your body with the easy-to- follow stretching techniques.	Intuition Development Intuition is our inner compass that guides us to live a meaningful life aligned with our soul purpose. In this workshop, you will discover how your intuition speaks to you and builds confidence to trust your intuition.
	Classes by Tanig Cacao Medicine Circle Since ancient times, cacao medicine has been considered as a "food for the Gods" to open the heart. We will drink a cup of cacao to connect to our heart's deepest intelligence through song, dance, and meditation.	Kirtan Devotional chanting opens our hearts and allows us to connect with the love that is within and all around us. A light-hearted time to sing, express your voice and have fun.
		Labyrinth Walk The labyrinth is a spiritual tool for transformation that helps to quiet the mind, release emotions and encourage insights. A great full-body meditation for those who feel they cannot sit still.
		Mantra + Mudra Bhakti Yoga is the yoga of devotion and a path of love. In this class, you will learn to invoke divine qualities within you through mantra and mudra meditation.
		Oracle Cards for Beginners Oracle card is a user-friendly divination tool to ask for Universe's guidance. In this introductory class, you will learn simple ways to use oracle cards in your daily life to find clarity.
		Shamanic Journey Shamanism is an ancient way of life where we honor Nature and a spiritual path of direct revelation. In Shamanic journey, you are guided to journey with your heart to the transcendent realms and to connect with your spirit guides and power animals for guidance and support in your daily life.
		Farm Tour (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks
		Food Carving Class Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).
		Guided Cycling Tour No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. <i>*Please wear sports shoes and clothes that cover your shoulders and knees to class.</i>



Wellness Activity Schedule: Jan 11th - 17th, 2026

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

For guests holding a class pass, please pass it to the reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 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 (07.00-08.30) (Cost: 2 class pass) ***	Tai Chi 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	Mantra + Mudra for Removing Obstacles by Tania 90 mins (Cost: 2 class pass) *	N/A	Cacao Medicine Circle & Shamanic Journey by Tania 90 mins (Cost: 2 class pass) *	N/A	HappyAWAKENING – Learn to balance our chakras by A 90 mins (Cost: 2 class pass) *
Yoga Retreat Pkg	15.00 – 16.00				Afternoon Yoga 60 mins			
Regular / Spa Getaway Pkg	16.00 – 17.00	Function Training 60 mins ****	Intro to Energy Healing 60 mins *	Foundation Training 60 mins **	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Labyrinth Walk by Tania 60 mins *	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet *	Cooking Demo by Arun 45 mins *

Level of Challenge	Special Evening Class
* Refreshing	
** Energizing	
*** Sweating	

- Wellness class promotion: Buy 1 get 1 free (pay 500THB for 2 x 60-min classes, 1000THB 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



Wellness Activities Descriptions

Classes by A	Function Training	HappyDANCE	Soul Connection	Fire Release Ceremony	Mantra + Mudra	Classes by Museflower Team
Bamboo Stick Exercise Stretching along the Qi Gong movement with a bamboo stick, Help to encourage balance, proper posture alignment, and a strong stance.	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>	A fun and liberating time to tap into the joy and passion within. Start with connecting to your energy body, then express your joy through free-flowing movement on your own rhythm. To awaken your body, energize your spirit, and celebrate the "NOW".	"Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and Qi Gong exercises, following the inner energy with the nature of the Cosmos.	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, leaving you feeling lighter.	Bhakti Yoga is the yoga of devotion and a path of love. In this class, you will learn to invoke divine qualities within you through mantra and mudra meditation.	Cooking Demonstration Team Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.
Beginner's Guide to Crystals Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. In this class, we will learn how to use crystals in our daily life.	HappyHeart Project A special workshop series to bring more joy into your life.	Intro to Energy Healing Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!	Sound Healing A vibrational sound meditation to help relax your mind - 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.	Inner Dance Sound Healing A meditative journey with music, allowing you to enter a trance-like state of awareness. This healing modality can help to release any emotions or energies that no longer serve you, access your inner wisdom for guidance, or invoke a deep sense of silence and peace.	Oracle Cards for Beginners Oracle card is a user-friendly divination tool to ask for Universe's guidance. In this introductory class, you will learn simple ways to use oracle cards in your daily life to find clarity.	D.I.Y Spa Classes Learn how to prepare your own body scrub, facial mask or more. You will be surprised how easy it is with all-natural ingredients.
Breathing Exercise The breathing technique to improve the cardiovascular system, immune system, metabolism and Dimethyltryptamine (DMT) hormone.	1 - HappyNATURE Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.	Journey Through Sacred Geometry Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. We will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.	Stretching Learn how to release stiffness of your body with the easy-to- follow stretching techniques.	Intuition Development Intuition is our inner compass that guides us to live a meaningful life aligned with our soul purpose. In this workshop, you will discover how your intuition speaks to you and builds confidence to trust your intuition.	Shamanic Journey Shamanism is an ancient way of life where we honor Nature and a spiritual path of direct revelation. In Shamanic journey, you are guided to journey with your heart to the transcendent realms and to connect with your spirit guides and power animals for guidance and support in your daily life.	Farm Tour (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks
DIY Healing Crystal Bracelets Let's get crafty! Create a unique & personalized crystal bracelet for yourself or your beloved one. (Material cost: 270THB /bracelet)	2 - HappyMOVEMENT Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.	3 - HappyLIFE Integrate concepts from traditional Asian wisdom into your daily life with chanting, breathing exercises, and the organ body clock.	Kaoshikii Dance Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.	Classes by Tanig Cacao Medicine Circle Since ancient times, cacao medicine has been considered as a "food for the Gods" to open the heart. We will drink a cup of cacao to connect to our heart's deepest intelligence through song, dance, and meditation.	Kirtan Devotional chanting opens our hearts and allows us to connect with the love that is within and all around us. A light-hearted time to sing, express your voice and have fun.	Food Carving Class Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).
Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.	4 - HappyAWAKENING Learn the fundamentals of what Chakras (energy centers) are and how we can balance our Chakras to help improve our physical, emotional & mental health. <i>*no need to wear the sports shoes to class.</i>	Qi Gong / Tai Chi Chen Tai Chi 18 form and Ba Duan Jin Qi Gong style - Chinese healing art emphasizing mindful movements, focusing on physical posture and harmonizing the Qi flows in your body.	Energy Tools for the Sensitives Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.	Labyrinth Walk The labyrinth is a spiritual tool for transformation that helps to quiet the mind, release emotions and encourage insights. A great full-body meditation for those who feel they cannot sit still.	Guided Cycling Tour No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. <i>*Please wear sports shoes and clothes that cover your shoulders and knees to class.</i>	
Foundation Training A workout with awareness combining techniques from Qi Gong, Yoga, and Core Exercise to energize and strengthen our core muscles for better stability. <i>*no need to wear the sports shoes to class.</i>	5 - HappyCOLORS A fun time to connect with our inner artist and to experiment with colors and paint mindfully.					



Wellness Activity Schedule: Jan 18th - 24th, 2026

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

For guests holding a class pass, please pass it to the reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 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) ***	Qi Gong 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	HappyCOLORS – Bring out your inner artist to experiment mindfully with colors by A 90 mins (Cost: 2 class pass) *	N/A	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 *	Foundation Training 60 mins **	DIY Facial-Body Scrub Workshop by SPA 45 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	Special Evening Class
* Refreshing	
** Energizing	
*** Sweating	

- Wellness class promotion: Buy 1 get 1 free (pay 500THB for 2 x 60-min classes, 1000THB 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



Wellness Activities Descriptions

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Classes by A							
Bamboo Stick Exercise Stretching along the Qi Gong movement with a bamboo stick, Help to encourage balance, proper posture alignment, and a strong stance.	Function Training Function training is a program designed to blend various training modalities to perform the activities of daily life more efficiently by improving functionality and mobility to reduce the risk of injury. <i>*no need to wear the sports shoes to class.</i>	HappyDANCE A fun and liberating time to tap into the joy and passion within. Start with connecting to your energy body, then express your joy through free-flowing movement on your own rhythm. To awaken your body, energize your spirit, and celebrate the "NOW".	Soul Connection "Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and Qi Gong exercises, following the inner energy with the nature of the Cosmos.	Fire Release Ceremony In this simple yet powerful healing ceremony, we will write down what we want to release from our lives and let go of them in the fire, leaving you feeling lighter.	Mantra + Mudra Bhakti Yoga is the yoga of devotion and a path of love. In this class, you will learn to invoke divine qualities within you through mantra and mudra meditation.	Classes by Museflower Team	
Beginner's Guide to Crystals Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. In this class, we will learn how to use crystals in our daily life.		HappyHeart Project A special workshop series to bring more joy into your life.	Intro to Energy Healing Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!	Sound Healing A vibrational sound meditation to help relax your mind - 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.	Inner Dance Sound Healing A meditative journey with music, allowing you to enter a trance-like state of awareness. This healing modality can help to release any emotions or energies that no longer serve you, access your inner wisdom for guidance, or invoke a deep sense of silence and peace.	Oracle Cards for Beginners Oracle card is a user-friendly divination tool to ask for Universe's guidance. In this introductory class, you will learn simple ways to use oracle cards in your daily life to find clarity.	D.I.Y Spa Classes Learn how to prepare your own body scrub, facial mask or more. You will be surprised how easy it is with all-natural ingredients.
Breathing Exercise The breathing technique to improve the cardiovascular system, immune system, metabolism and Dimethyltryptamine (DMT) hormone.		1 - HappyNATURE Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.	Journey Through Sacred Geometry Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. We will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.	Stretching Learn how to release stiffness of your body with the easy-to-follow stretching techniques.	Intuition Development Intuition is our inner compass that guides us to live a meaningful life aligned with our soul purpose. In this workshop, you will discover how your intuition speaks to you and builds confidence to trust your intuition.	Shamanic Journey Shamanism is an ancient way of life where we honor Nature and a spiritual path of direct revelation. In Shamanic journey, you are guided to journey with your heart to the transcendent realms and to connect with your spirit guides and power animals for guidance and support in your daily life.	Farm Tour (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks
DIY Healing Crystal Bracelets Let's get crafty! Create a unique & personalized crystal bracelet for yourself or your beloved one. (Material cost: 270THB /bracelet)		2 - HappyMOVEMENT Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.	3 - HappyLIFE Integrate concepts from traditional Asian wisdom into your daily life with chanting, breathing exercises, and the organ body clock.	Kaoshikii Dance Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.	Classes by Tanig Cacao Medicine Circle Since ancient times, cacao medicine has been considered as a "food for the Gods" to open the heart. We will drink a cup of cacao to connect to our heart's deepest intelligence through song, dance, and meditation.	Kirtan Devotional chanting opens our hearts and allows us to connect with the love that is within and all around us. A light-hearted time to sing, express your voice and have fun.	Food Carving Class Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).
Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.		4 - HappyAWAKENING Learn the fundamentals of what Chakras (energy centers) are and how we can balance our Chakras to help improve our physical, emotional & mental health. <i>*no need to wear the sports shoes to class.</i>	Qi Gong / Tai Chi Chen Tai Chi 18 form and Ba Duan Jin Qi Gong style - Chinese healing art emphasizing mindful movements, focusing on physical posture and harmonizing the Qi flows in your body.	Energy Tools for the Sensitives Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.	Labyrinth Walk The labyrinth is a spiritual tool for transformation that helps to quiet the mind, release emotions and encourage insights. A great full-body meditation for those who feel they cannot sit still.	Guided Cycling Tour No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. <i>*Please wear sports shoes and clothes that cover your shoulders and knees to class.</i>	
Foundation Training A workout with awareness combining techniques from Qi Gong, Yoga, and Core Exercise to energize and strengthen our core muscles for better stability. <i>*no need to wear the sports shoes to class.</i>							



Wellness Activity Schedule: Jan 25th - 31st, 2026

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

For guests holding a class pass, please pass it to the reception when you make the reservation for the class. All classes may change without prior notice.

Package	Time	SUN 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) ***	Tai Chi 60 mins **
Vibrational Healing Class	10.30 – 12.00	N/A	N/A	Intuition Development by Tania 90 mins (Cost: 2 class pass) *	N/A	Cacao Medicine Circle & Forgiveness Practice by Tania 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 *	Foundation Training 60 mins **	DIY Facial-Body Scrub Workshop by SPA 45 mins *	Kirtan with Tania 60 mins *	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet *	Cooking Demo by Arun 45 mins *

Level of Challenge	Special Evening Class
* Refreshing	- Wellness class promotion: Buy 1 get 1 free (pay 500THB for 2 x 60-min classes, 1000THB 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
** Energizing	
*** Sweating	



Wellness Activities Descriptions

Classes by Museflower Team	Function Training	HappyDANCE	Soul Connection	Fire Release Ceremony	Mantra + Mudra	Classes by Museflower Team
Bamboo Stick Exercise Stretching along the Qi Gong movement with a bamboo stick, Help to encourage balance, proper posture alignment, and a strong stance.	Function Training Function training is a program designed to blend various training modalities to perform the activities of daily life more efficiently by improving functionality and mobility to reduce the risk of injury. <i>*no need to wear the sports shoes to class.</i>	HappyDANCE A fun and liberating time to tap into the joy and passion within. Start with connecting to your energy body, then express your joy through free-flowing movement on your own rhythm. To awaken your body, energize your spirit, and celebrate the "NOW".	Soul Connection "Energy Wheel Practice" is a modern Chinese spiritual practice that combines meditation and Qi Gong exercises, following the inner energy with the nature of the Cosmos.	Fire Release Ceremony In this simple yet powerful healing ceremony, we will write down what we want to release from our lives and let go of them in the fire, leaving you feeling lighter.	Mantra + Mudra Bhakti Yoga is the yoga of devotion and a path of love. In this class, you will learn to invoke divine qualities within you through mantra and mudra meditation.	Cooking Demonstration Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.
Beginner's Guide to Crystals Crystals have been used since ancient civilizations for harmonizing and clearing energies so we can realign with our health on all levels. In this class, we will learn how to use crystals in our daily life.	HappyHeart Project A special workshop series to bring more joy into your life.	Intro to Energy Healing Energy healing can promote well-being by helping to release energy blockages. Experience how energy healing works and anyone can do it!	Sound Healing A vibrational sound meditation to help relax your mind - 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.	Inner Dance Sound Healing A meditative journey with music, allowing you to enter a trance-like state of awareness. This healing modality can help to release any emotions or energies that no longer serve you, access your inner wisdom for guidance, or invoke a deep sense of silence and peace.	Oracle Cards for Beginners Oracle card is a user-friendly divination tool to ask for Universe's guidance. In this introductory class, you will learn simple ways to use oracle cards in your daily life to find clarity.	D.I.Y Spa Classes Learn how to prepare your own body scrub, facial mask or more. You will be surprised how easy it is with all-natural ingredients.
Breathing Exercise The breathing technique to improve the cardiovascular system, immune system, metabolism and Dimethyltryptamine (DMT) hormone.	1 - HappyNATURE Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.	Journey Through Sacred Geometry Our body, as a reflection of the Universe, is a temple where the five elements of Earth, Water, Fire, Air and Ether (Spirit) reside and co-exist together in harmony. We will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.	Stretching Learn how to release stiffness of your body with the easy-to- follow stretching techniques.	Intuition Development Intuition is our inner compass that guides us to live a meaningful life aligned with our soul purpose. In this workshop, you will discover how your intuition speaks to you and builds confidence to trust your intuition.	Shamanic Journey Shamanism is an ancient way of life where we honor Nature and a spiritual path of direct revelation. In Shamanic journey, you are guided to journey with your heart to the transcendent realms and to connect with your spirit guides and power animals for guidance and support in your daily life.	Farm Tour (Complimentary) Guests can enjoy a fun tour in our vegetable and herb garden, collect fresh duck eggs and feed our ducks
DIY Healing Crystal Bracelets Let's get crafty! Create a unique & personalized crystal bracelet for yourself or your beloved one. (Material cost: 270THB /bracelet)	2 - HappyMOVEMENT Experience the power of touch and movement with partner exercises, games, and meditation to learn to connect with ourselves and others.	3 - HappyLIFE Integrate concepts from traditional Asian wisdom into your daily life with chanting, breathing exercises, and the organ body clock.	Kaoshikii Dance Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.	Classes by Tanig Cacao Medicine Circle Since ancient times, cacao medicine has been considered as a "food for the Gods" to open the heart. We will drink a cup of cacao to connect to our heart's deepest intelligence through song, dance, and meditation.	Energy Tools for the Sensitives Are you feeling overwhelmed by your sensitivities? Learn tools to ground, clear and protect your energy so you can live as your authentic self.	Food Carving Class Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).
Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.	4 - HappyAWAKENING Learn the fundamentals of what Chakras (energy centers) are and how we can balance our Chakras to help improve our physical, emotional & mental health. <i>*no need to wear the sports shoes to class.</i>	Qi Gong / Tai Chi Chen Tai Chi 18 form and Ba Duan Jin Qi Gong style - Chinese healing art emphasizing mindful movements, focusing on physical posture and harmonizing the Qi flows in your body.	Kirtan Devotional chanting opens our hearts and allows us to connect with the love that is within and all around us. A light-hearted time to sing, express your voice and have fun.	Labyrinth Walk The labyrinth is a spiritual tool for transformation that helps to quiet the mind, release emotions and encourage insights. A great full-body meditation for those who feel they cannot sit still.	Guided Cycling Tour No better way to exercise while enjoying the scenery around our area, you'll get to visit our nearest lake and local village. <i>*Please wear sports shoes and clothes that cover your shoulders and knees to class.</i>	
Foundation Training A workout with awareness combining techniques from Qi Gong, Yoga, and Core Exercise to energize and strengthen our core muscles for better stability. <i>*no need to wear the sports shoes to class.</i>	5 - HappyCOLORS A fun time to connect with our inner artist and to experiment with colors and paint mindfully.					