Wellness Activity Schedule: Nov 1st – 7th, 2026

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

All classes may change without prior notice.

Package	Time	SUN Nov-1	MON 2	TUES 3	WEDS 4	THURS 5	FRI 6	SAT 7
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga 60 mins						
	08.00 – 08.30	Meditation 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Breathing Exercise 45 mins **	Bamboo Stick Exercise 60 mins **	Soul Connection 60 mins **	Stretching 60 mins **	Sound Healing 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 90 mins *(07.00-08.30)* (Cost: 2 class pass) ***	Tai Chi 60 mins **
Energy Recalibration Workshop	10.30 – 12.00	**N/A**	**N/A**	Becoming the Next Level You by Tania 90 mins (Cost: 2 class pass) *	**N/A**	Coming Home to Your Heart with Cacao by Tania 90 mins (Cost: 2 class pass) *	**N/A**	HappyNATURE – Be inspired by nature with forest meditation & nature mandala 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	- Wellness class promotion: Buy 4 class passes for 1,600 THB only - Private one-on-one 45–60 mins class (max. 2 people) @ 1,500 THB, 90 mins class @ 2,400 THB - Private group 45–60 mins class (min. 3 people) @ 500 THB/person, 90 mins class @ 1,000 THB/person - Private classes with Tania are priced separately — please see the Holistic Therapies menu - Wellness class cancellation policy: free cancellation up to 5pm the day before; any cancellations after or no-shows will be charged 100% of the class price	
** Energizing		
*** Sweating		

Wellness Activities Descriptions

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.

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 learn how to use crystals in our daily life.

Breathing Exercise
A breathing technique to support cardiovascular health, immunity, metabolism, and natural energy.

DIY Healing Crystal Bracelets
LLet's get crafty! Create a unique & personalized crystal bracelet for yourself or your beloved one.
(Material cost: 270THB /bracelet)

Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.

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.

**no need to wear the sports shoes to class.*

Function Training
A training program blending various modalities to help you move through daily life with more ease, functionality, and mobility — and reduce the risk of injury.
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1 - HappyNATURE
Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.

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.

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.

5 - HappyCOLORS
A fun time to connect with our inner artist and to experiment with colors and paint mindfully.

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 to your own rhythm. To awaken your body, energize your spirit, and celebrate the "NOW".

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!

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 coexist in harmony. We will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.

Kaoshikii Dance
Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.

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.

Soul Connection
Energy Wheel Practice is a modern Chinese spiritual practice combining meditation and Qi Gong, following inner energy in harmony with the rhythms of the Cosmos.

Sound Healing
A vibrational sound meditation to help relax your mind-body and to harmonize your energy. Begin with a sound exercise to balance your inner five elements, then lie down and enjoy the healing sounds of the Gong and Tibetan singing bowls.

Stretching
Learn how to release stiffness of your body with the easy-to-follow stretching techniques.

Classes by Tania

Becoming the Next Level You
Through intention-setting and a guided shamanic journey, you will connect with your highest self and receive guidance on your next step forward to becoming the next version of you.

Coming Home to Your Heart with Cacao
Cacao has been revered since ancient times as "food for the Gods" — a medicine that allows you to connect with your heart's deepest intelligence. In circle, we drink cacao together and let it guide you back to your heart's truth.

Fire Release Ceremony
Are you ready to release what's been holding you back? In this simple yet powerful healing ceremony, we write down what we want to let go of and release them in the fire, leaving you feeling lighter and more grounded.

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.

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 build confidence to trust it.

Intuitive Herbal Tea Blending
A playful, sensory journey into nature's medicine — guided by your intuition. Connect with healing herbs and dried fruits, feel into what calls to you, and create your own unique herbal tea blend.

Labyrinth Walk
Walk your way into stillness. The labyrinth is a sacred walking practice that quiets the mind, releases emotions, and invites insight.

Medicine Walk
Nature has always known how to answer. During this medicine walk, we hold a question in our hearts and walk in silence — opening our senses to receive clarity, insight, and guidance from the living world around us.

Oracle Cards for Beginners
Oracle cards are a doorway to your own inner guidance and the magic of the Universe speaking directly to you. In this class, you'll learn how to use them as a daily practice to receive the messages meant for you.

Protect Your Energy to Stop Overwhelm
Sensitive souls feel everything and easily get overwhelmed. Discover how to strengthen and protect your energy field with simple daily practices so you can stop feeling drained and feel like yourself again.

Shamanic Journey
You are never alone on this path. In this guided journey, we travel with the heart into the transcendent realms to meet your spirit guides and power animals — receiving wisdom and support that you can bring back into your everyday life.

Classes by Museflower Team

Cooking Demonstration
Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.

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.

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Food Carving Class
Learn how to carve vegetables to decorate your own meals, wowing your guests (and yourself).

Guided Cycling Tour
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Wellness Activity Schedule: Nov 8th – 14th, 2026

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All classes may change without prior notice.

Package	Time	SUN 8	MON 9	TUES 10	WEDS 11	THURS 12	FRI 13	SAT 14
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga 60 mins						Qi Gong 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 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 90 mins ***(07.00-08.30)*** (Cost: 2 class pass) ***	Morning Yoga 60 mins
Energy Recalibration Workshop	10.30 – 12.00	**N/A**	**N/A**	Protect Your Energy to Stop Overwhelm by Tania 90 mins (Cost: 2 class pass) *	**N/A**	Intuition Development by Tania 90 mins (Cost: 2 class pass) *	**N/A**	**N/A**
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 *	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
* Refreshing
** Energizing
*** Sweating

- Wellness class promotion: Buy 4 class passes for 1,600 THB only
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Special Weekend Retreat
Living Life with Qi November 14 - 15, 2026

Wellness Activities Descriptions

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Yoga Retreat Pkg	07.00 – 08.00	Soul Connection 60 mins **						
	08.00 – 08.30	Meditation 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Morning Yoga 60 mins	Bamboo Stick Exercise 60 mins **	Breathing Exercise 45 mins **	Stretching 60 mins **	Sound Healing 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 90 mins *(07.00-08.30)* (Cost: 2 class pass) ***	Tai Chi 60 mins **
Energy Recalibration Workshop	10.30 – 12.00	**N/A**	**N/A**	HappyLIFE – Tools to live your life with joyfulness by A 90 mins (Cost: 2 class pass) *	**N/A**	Coming Home to Your Heart with Cacao 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						
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Level of Challenge
* Refreshing
** Energizing
*** Sweating

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Wellness Activity Schedule: Nov 22nd – 28th, 2026

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Package	Time	SUN 22	MON 23	TUES 24	WEDS 25	THURS 26	FRI 27	SAT 28
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga 60 mins						
	08.00 – 08.30	Meditation 30 mins						
Regular / Spa Getaway Pkg	08.30 – 09.30	Breathing Exercise 45 mins **	Bamboo Stick Exercise 60 mins **	Soul Connection 60 mins **	Stretching 60 mins **	Sound Healing 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 90 mins *(07.00-08.30)* (Cost: 2 class pass) ***	Qi Gong 60 mins **
Energy Recalibration Workshop	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**	Full Moon Fire Release Ceremony 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 *	Medicine Walk by Tania 60 mins *	DIY Healing Crystal Bracelets by A 60 mins cost:270THB/bracelet *	Food Carving by Arun 45 mins *

Level of Challenge
* Refreshing
** Energizing
*** Sweating

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Special Evening Class

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Are you ready to release what's been holding you back? In this simple yet powerful healing ceremony, we write down what we want to let go of and release them in the fire, leaving you feeling lighter and more grounded.

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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.

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Sensitive souls feel everything and easily get overwhelmed. Discover how to strengthen and protect your energy field with simple daily practices so you can stop feeling drained and feel like yourself again.

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You are never alone on this path. In this guided journey, we travel with the heart into the transcendent realms to meet your spirit guides and power animals — receiving wisdom and support that you can bring back into your everyday life.

Classes by Museflower Team

Cooking Demonstration
Learn how to prepare easy vegetarian Thai dishes to recreate the Museflower food experience back home.

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.

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.
**Please wear sports shoes and clothes that cover your shoulders and knees to class.*

Wellness Activity Schedule: Nov 29th – Dec 5th, 2026

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

All classes may change without prior notice.

Package	Time	SUN 29	MON 30	TUES Dec-1	WEDS 2	THURS 3	FRI 4	SAT 5
Yoga Retreat Pkg	07.00 – 08.00	Morning Yoga 60 mins						Qi Gong 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 45 mins *	Guided Cycling Tour by Tony (Max 8pax) 90 mins *(07.00-08.30)* (Cost: 2 class pass) ***	Morning Yoga 60 mins
Energy Recalibration Workshop	10.30 – 12.00	**N/A**	**N/A**	Journey Through Sacred Geometry by A 90 mins (Cost: 2 class pass) *	**N/A**	Coming Home to Your Heart with Cacao by Tania 90 mins (Cost: 2 class pass) *	**N/A**	**N/A**
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
* Refreshing
** Energizing
*** Sweating

- Wellness class promotion: Buy 4 class passes for 1,600 THB only
- Private one-on-one 45–60 mins class (max. 2 people) @ 1,500 THB, 90 mins class @ 2,400 THB
- Private group 45–60 mins class (min. 3 people) @ 500 THB/person, 90 mins class @ 1,000 THB/person
- Private classes with Tania are priced separately — please see the Holistic Therapies menu
- Wellness class cancellation policy: free cancellation up to 5pm the day before; any cancellations after or no-shows will be charged 100% of the class price

Special Weekend Retreat
Living Life with Qi December 5 - 6, 2026

Wellness Activities Descriptions

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.

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 learn how to use crystals in our daily life.

Breathing Exercise
A breathing technique to support cardiovascular health, immunity, metabolism, and natural energy.

DIY Healing Crystal Bracelets
LLet's get crafty! Create a unique & personalized crystal bracelet for yourself or your beloved one.
(Material cost: 270THB /bracelet)

Energy + Massage Workshop Learn to ground your energy with easy self-massage techniques to use at home.

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.

**no need to wear the sports shoes to class.*

Function Training
A training program blending various modalities to help you move through daily life with more ease, functionality, and mobility — and reduce the risk of injury.
**no need to wear the sports shoes to class.*

HappyHeart Project
A special workshop series to bring more joy into your life.

1 - HappyNATURE
Be inspired by the abundance of Nature with walking and meditating in nature, and creating nature mandala art.

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.

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.

5 - HappyCOLORS
A fun time to connect with our inner artist and to experiment with colors and paint mindfully.

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 to your own rhythm. To awaken your body, energize your spirit, and celebrate the "NOW".

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!

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 coexist in harmony. We will learn how the elements and sacred geometry impact our health, and practice meditation with the wisdom of the Universe.

Kaoshikii Dance
Kaoshikii dance is a rhythmic yogic dance that helps to develop mental stamina and strength.

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.

Soul Connection
Energy Wheel Practice is a modern Chinese spiritual practice combining meditation and Qi Gong, following inner energy in harmony with the rhythms of the Cosmos.

Sound Healing
A vibrational sound meditation to help relax your mind-body and to harmonize your energy. Begin with a sound exercise to balance your inner five elements, then lie down and enjoy the healing sounds of the Gong and Tibetan singing bowls.

Stretching
Learn how to release stiffness of your body with the easy-to-follow stretching techniques.

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