

# Keemala Holistic Living Activities - Schedule

Please note that, while we will do our best to ensure that your requests are satisfactorily fulfilled, the schedule and class options are subject to change without prior notice at the resort management's discretion

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15-07.45 Keemala Forest Walk	07.45-08.15 Morning Meditation	07.30-08.15 Walking Meditation	07.15-07.45 Keemala Forest Walk	07.30-08.30 Pebble Walk and Meditation	07.00-07.30 Keemala Forest Walk	07.30-08.30 Keemala Forest Walk
	08.30-09.30 Forest Gym - circuit training	08.00-09.00 Keemala Warrior - Forest Muay Thai	08.00-09.00 Morning Stretch	08.00-09.00 Forest Pranayama and Asana	07.45-08.45 Forest Tai Chi	08.00-09.30 Kamala Beach Walk (tbc)
09.00-10.00 Aqua Fitness						09.15-10.15 Forest Gym - circuit training
	13.30-14.30 Thai Healing Herbal Ball Making	13.30-14.15 Thai Art of Living - daily wellness	13.30-14.15 Asian Healing Wisdoms^	13.30-14.15 Oriental Art of Core Health	11.00-12.00 Aqua Fitness	11.00-12.00 Aqua Rejuvenation
14.00-15.00 Pa Ta Pea Clan Wisdom - cooking with Thai herbs					14.00-14.45 We-Ha Clan Wisdom - working with crystal	14.30-15.30 Rung-Nok Clan Art Journaling
16.15-17.15 Forest Tai Chi	15.00-16.00 Keemala Yoga					
	17.00-18.00 Aqua Rejuvenation	17.00-18.00 Forest Gym - circuit training	17.00-18.00 Aqua Fitness	17.00-18.00 Keemala Yoga	17.30-18.30 Traditional Culinary Wisdom	17.00-18.00 Keemala Warrior - Muay Thai
	21.00 - 22.30	19.30-22.00		21.00 - 22.30	19.30-22.00	19.30-22.00
	Cultural Cinema Night	Khon-Jorn Clan Gathering & GM Cocktail		Classic Cinema Night	Khon-Jorn Clan Gathering & Facilitated Drum Circle	Khon-Jorn Clan Gathering