

## Weekly Activities Schedule at Tanya Samui Pavilion

| Day              | Activity                      | Time                | Type    | Capacity |
|------------------|-------------------------------|---------------------|---------|----------|
| <b>Monday</b>    | Morning Yoga                  | 9:00 AM - 10:00 AM  | Group   | 15       |
|                  | Daily Meditation              | 10:00 AM - 11:00 AM | Group   | 15       |
|                  | Private Yoga Session          | 1:00 PM - 2:00 PM   | Private | 1-2      |
|                  | Private Yoga Session          | 2:30 PM - 3:30 PM   | Private | 1-2      |
|                  | Private Yoga Session          | 4:00 PM - 5:00 PM   | Private | 1-2      |
|                  | Fitness Bootcamp              | 5:30 PM - 6:30 PM   | Group   | 15       |
|                  | Evening Yoga                  | 6:30 AM - 7:30 AM   | Group   | 15       |
| <b>Tuesday</b>   | Morning Yoga                  | 9:00 AM - 10:00 AM  | Group   | 15       |
|                  | Daily Meditation              | 10:00 AM - 11:00 AM | Group   | 15       |
|                  | Group Gong Meditation         | 11:00 AM - 12:00 AM | Group   | 15       |
|                  | Private Sound Session         | 1:00 PM - 2:00 PM   | Private | 1-2      |
|                  | Private Sound Session         | 2:30 PM - 3:30 PM   | Private | 1-2      |
|                  | Private Sound Session         | 4:00 PM - 5:00 PM   | Private | 1-2      |
|                  | Sound Healing (Tibetan Bowls) | 5:30 PM - 6:30 PM   | Group   | 15       |
|                  | Evening Yoga                  | 6:30 AM - 7:30 AM   | Group   | 15       |
| <b>Wednesday</b> | Morning Yoga                  | 9:00 AM - 10:00 AM  | Group   | 15       |
|                  | Daily Meditation              | 10:00 AM - 11:00 AM | Group   | 15       |
|                  | Fitness Bootcamp              | 1:00 PM - 2:00 PM   | Private | 1-2      |
|                  | Fitness Bootcamp              | 2:30 PM - 3:30 PM   | Private | 1-2      |
|                  | Fitness Bootcamp              | 4:00 PM - 5:00 PM   | Private | 1-2      |

|                 |                          |                     |         |     |
|-----------------|--------------------------|---------------------|---------|-----|
|                 | Love Kindness meditation | 5:30 PM - 6:30 PM   | Group   | 15  |
|                 | Evening Yoga             | 6:30 AM - 7:30 AM   | Group   | 15  |
| <b>Thursday</b> | Morning Yoga             | 9:00 AM - 10:00 AM  | Group   | 15  |
|                 | Daily Meditation         | 10:00 AM - 11:00 AM | Group   | 15  |
|                 | Private Sound Healing    | 1:00 PM - 2:00 PM   | Private | 1-2 |
|                 | Private Sound Healing    | 2:30 PM - 3:30 PM   | Private | 1-2 |
|                 | Private Sound Healing    | 4:00 PM - 5:00 PM   | Private | 1-2 |
|                 | Gong Sound Healing       | 5:30 PM - 6:30 PM   | Group   | 15  |
|                 | Evening Yoga             | 6:30 AM - 7:30 AM   | Group   | 15  |
| <b>Friday</b>   | Morning Yoga             | 9:00 AM - 10:00 AM  | Group   | 15  |
|                 | Daily Meditation         | 10:00 AM - 11:00 AM | Group   | 15  |
|                 | Private Yoga Session     | 1:00 PM - 2:00 PM   | Private | 1-2 |
|                 | Private Yoga Session     | 2:30 PM - 3:30 PM   | Private | 1-2 |
|                 | Private Yoga Session     | 4:00 PM - 5:00 PM   | Private | 1-2 |
|                 | Evening Sound Therapy    | 5:30 PM - 6:30 PM   | Group   | 15  |
|                 | Evening Yoga             | 6:30 AM - 7:30 AM   | Group   | 15  |
| <b>Saturday</b> | Morning Yoga             | 9:00 AM - 10:00 AM  | Group   | 15  |
|                 | Daily Meditation         | 10:00 AM - 11:00 AM | Group   | 15  |
|                 | Private Yoga Session     | 1:00 PM - 2:00 PM   | Private | 1-2 |
|                 | Private Yoga Session     | 2:30 PM - 3:30 PM   | Private | 1-2 |
|                 | Private Yoga Session     | 4:00 PM - 5:00 PM   | Private | 1-2 |
|                 | Dance Therapy Workshop   | 5:30 PM - 6:30 PM   | Group   | 15  |
|                 | Evening Yoga             | 6:30 AM - 7:30 AM   | Group   | 15  |

|               |                        |                     |         |     |
|---------------|------------------------|---------------------|---------|-----|
| <b>Sunday</b> | Morning Yoga           | 9:00 AM - 10:00 AM  | Group   | 15  |
|               | Daily Meditation       | 10:00 AM - 11:00 AM | Group   | 15  |
|               | Private Classes        | 1:00 PM - 2:00 PM   | Private | 1-2 |
|               | Private Classes        | 2:30 PM - 3:30 PM   | Private | 1-2 |
|               | Private Classes        | 4:00 PM - 5:00 PM   | Private | 1-2 |
|               | Sadhu Nailing Workshop | 5:30 PM - 6:30 PM   | Group   | 15  |
|               | Evening Yoga           | 6:30 AM - 7:30 AM   | Group   | 15  |

## Notes:

- Pricing:**
  - Group Classes: 500 THB per person.
  - Private Classes: 3,500 THB per session (1 hour).
- Advance Booking:** Registration in advance is required for all activities due to limited capacity.
- Capacity:** Group classes accommodate up to 15 participants. Private sessions are limited to 1-2 guests.
- Equipment:** Yoga mats, blankets, and sound therapy tools are provided on-site.
- Morning Yoga:** Offered daily with various styles such as Vinyasa, Hatha, Ashtanga, Yin, Chakra Flow, and Restorative Yoga.
- Meditation:** Scheduled every day from **10:00 AM to 11:00 AM**.
- Sound Healing Days:** Dedicated sessions on **Tuesday** and **Thursday** with Tibetan bowls and gongs.
- Sadhu Nailing:** A unique offering on **Sundays**.
- Private Classes:** Open every day from **1:00 PM to 4:00 PM**. Advance booking is recommended. Registration via form -
- Language:** Classes provided in English and Russian languages.