Weekly Activities Schedule at Tanya Samui Pavilion

Activity	Time	Type	Capacity
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
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
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
	Morning Yoga Daily Meditation Private Yoga Session Private Yoga Session Private Yoga Session Private Yoga Session Fitness Bootcamp Evening Yoga Morning Yoga Daily Meditation Group Gong Meditation Private Sound Session Private Sound Session Private Sound Session Sound Healing (Tibetan Bowls) Evening Yoga Morning Yoga Morning Yoga Daily Meditation Fitness Bootcamp Fitness Bootcamp	Morning Yoga 9:00 AM - 10:00 AM Daily Meditation 10:00 AM - 11:00 AM Private Yoga Session 1:00 PM - 2:00 PM Private Yoga Session 2:30 PM - 3:30 PM Private Yoga Session 4:00 PM - 5:00 PM Fitness Bootcamp 5:30 PM - 6:30 PM Evening Yoga 6:30 AM - 7:30 AM Morning Yoga 9:00 AM - 10:00 AM Daily Meditation 10:00 AM - 11:00 AM Private Sound Session 1:00 PM - 2:00 PM Private Sound Session 2:30 PM - 3:30 PM Private Sound Session 4:00 PM - 5:00 PM Sound Healing (Tibetan Bowls) 5:30 PM - 6:30 PM Evening Yoga 6:30 AM - 7:30 AM Morning Yoga 9:00 AM - 10:00 AM Daily Meditation 10:00 AM - 11:00 AM Fitness Bootcamp 1:00 PM - 2:00 PM Fitness Bootcamp 2:30 PM - 3:30 PM - 3:30 PM	Morning Yoga 9:00 AM - 10:00 AM Group Private Yoga Session 1:00 PM - 2:00 PM Private Private Yoga Session 2:30 PM - 3:30 PM Private Private Yoga Session 4:00 PM - 5:00 PM Private Fitness Bootcamp 5:30 PM - 6:30 PM Group Evening Yoga 9:00 AM - 10:00 AM Group Morning Yoga 9:00 AM - 10:00 AM Group Daily Meditation 10:00 AM - 11:00 AM Group Private Sound Session 1:00 PM - 2:00 PM Private Private Sound Session 4:00 PM - 5:00 PM Private Private Sound Session 1:00 PM - 2:00 PM Private Private Sound Session 4:00 PM - 5:00 PM Private Sound Healing (Tibetan Bowls) Evening Yoga 6:30 AM - 7:30 AM Group Morning Yoga 6:30 AM - 7:30 AM Group Morning Yoga 9:00 AM - 10:00 AM Group Daily Meditation 10:00 AM - 11:00 AM Group Private Sound Session 4:00 PM - 5:00 PM Group Bowls) Evening Yoga 9:00 AM - 10:00 AM Group Morning Yoga 9:00 AM - 10:00 AM Group Daily Meditation 10:00 AM - 11:00 AM Group Fitness Bootcamp 1:00 PM - 2:00 PM Private

	Love Kindness meditation	5:30 PM - 6:30 PM	Group	15
	Evening Yoga	6:30 AM - 7:30 AM	Group	15
Thursday	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
Fulder	Marriera Varia	0.00 ANA 40.00 ANA	0	4.5
Friday	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
Saturday	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

Sunday	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:

1. Pricing:

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