

	ma 5/8	di 6/8	wo 7/8	do 8/8
07:00	Morning Hiking W/ Sascha 06:15 - 06:45			Morning Hiking w/ Sascha, 06:15
08:00	Anusaranga yoga By Khun Tas. Prana Shala Yoga Hall Near Mangosteen Waterfall 07:30 - 08:30	Hatha Stretch ♂ with Kru Koong Prana Shala Yoga Hall Near mangosteen WaterFall 07:30 - 08:30	Anusaranga Yoga with Khun Tas Prana Shala Yoga Hall Near Mangosteen Waterfall 07:30 - 08:30	Gentle Yoga with Kru Dao Prana Shala Yoga Hall near Mangosteen Waterfall 07:30 - 08:30
09:00				
10:00				
11:00				
12:00				
13:00				
14:00			Himalayan Rock Salt Infrared Sauna (Public Hours) Mangosteen Ayurveda & Wellness Resort, 99, Soi Mangosteen, Tambon Rawai, Amphoe Mueang Phuket, Chang Wat Phuket 83130, Thailand 13:00 - 15:00	
15:00	Gentle Flow Yoga ♀ with Kru Maria Ananda Yoga Hall Above Reception 15:00 - 16:00	Yoga Therapy ♂ with Orlando Ananda Yoga Hall Above Reception 15:00 - 16:00	Yoga Therapy with Orlando Ananda Yoga Hall Above Reception 15:00 - 16:00	♀ Vinyasa Yoga with Pin Ananda Yoga Hall Above Reception 15:00 - 16:00
16:00				
17:00	Visit Local Market (free - inhouse guests only) Meet at Mangosteen Reception 16:30 - 17:30			Visit Local Market (free - inhouse guests only) Meet at Mangosteen Reception 16:30 - 17:30
18:00			Singing Bowl Meditation with Kru Dao Ananda Yoga Room above Reception 18:00 - 19:00	Pranayama Meditation with Kru Pin Ananda Yoga Hall Above Reception 18:00 - 19:00

	vr 9/8	za 10/8	zo 11/8
07:00			
08:00	<p>Yin Yoga with Koong Prana Shala Yoga Hall Near Mangosteen Waterfall 07:30 - 08:30</p>	<p>Morning Beach Yoga with Khun Tas Nai Harn Beach, Rawai, Mueang Phuket District, Phuket, Thailand 07:30 - 08:30</p>	<p>Meditation Breathwork with Kru Kirstin Ananda Yoga Hall above Reception 07:30 - 08:30</p>
09:00			
10:00			
11:00			
12:00			
13:00	<p>Himalayan Rock Salt Infrared Sauna (Public Hours) Mangosteen Ayurveda & Wellness Resort, 99, Soi Mangosteen, Tambon Rawai, Amphoe Mueang Phuket, Chang Wat Phuket 83130, Thailand 13:00 - 15:00</p>		
14:00			
15:00	<p>Anusaranga Yoga with Khun Tas Ananda Yoga Hall above Reception 15:00 - 16:00</p>	<p>Hatha Yoga ♀ with Khun Pin. Ananda Yoga Hall above Reception 15:00 - 16:00</p>	<p>Yoga Therapy ♂ with Orlando Ananda Yoga Hall above Reception 15:00 - 16:00</p>
16:00			
17:00			
18:00	<p>Ayurveda Food workshop w/ Dr. Arora ANANDA YOGA HALL, 18:00 - 18:30</p>		