



## Back To Yourself

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Vipassana Meditation	Vipassana Meditation	Vipassana Meditation	Vipassana Meditation	Vipassana Meditation	Excursions, incl. Sailing, Snorkelling, Scuba / Free Diving, Hiking, Visiting Elephants, Waterfalls and Beaches	Vipassana Meditation
	Yoga	Yoga	Yoga	Yoga	Yoga		Yoga
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
Afternoon	Aquatic Tuning	Sound Healing & Guided Meditation	Aquatic Tuning	Aquatic Tuning	Aquatic Tuning		Marine Based Activity
	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
	Inner Walk	Inner Walk	Inner Walk	Inner Walk	Rebirthing Breathwork		Muay Thai
Evening	Dinner	Dinner	Dinner	Dinner	Dinner		Dinner
	Yoga Nidra, Guided Meditation & Massage	Movie Night	Sound Healing	Dance and Movement Therapy	Holina Community Dialogue		Closing Check In Group

### Vipassana Meditation

A silent foundational meditation Using mindfulness and .practice concentration to increase our .s self awareness and connection to one At Holina we do this in 30 minute sessions so our guests can get used to . the experience first hand

### Aquatic Tuning

Unique to Holina, our in-house team have a program that helps unleash your inner strength and set aside any challenging emotions by helping you to understand how tension affects you and by freeing your spirit even further. This activity is based in one of our swimming .pools

### Yoga Nidra & Guided Meditation

For many people, meditation doesn't come so easily, so our teachers will guide us on a journey into our imagination and through our thoughts. These are beautiful voyages of self interpretation and discovery.

### Ice Bath & Sauna

The Ice Bath experience is one about mastery of our thoughts, our emotions and our physical state. Our guests are regularly amazed at just how far they can push themselves once they are coached through the process. Followed up with a Sauna the body is rejuvenated and we feel great.

### Excursions

We really want you to explore and experience the magic of our Island, Koh Phangan. We have so many breathtaking beaches, hiking trails, view points and even waterfalls. There is a small family of elephants living here and a variety of excursions we choose from each week.

### Yoga

We have two Holina Yoga instructors, both of whom have a vast experience with many different Yoga disciplines, including Vinyasa, Hatha, Yin, and Power Yoga. Yoga increases physical health & body awareness. Wake up every day and feel great.

### Inner Walk

Holina is blessed to have an amazing Pray - Senior Monk amongst its team .("Laughing Monk" which means) Olarn One of his many contributions towards especially on ,the welfare of the people is his use of walking as a ,Koh Phangan form of meditation in order to keep the Inner Walk .mind focused and aware Meditation is life changing for many of

### Rebirthing Breathwork

Holina is fortunate to have one of the world leaders of Breathwork on This practice works on a .our team how ,cellular level to uncover when and why past feelings have been releasing them over again in ,stored .a safe and controlled space

### Sound Healing

We have some wonderful Sound Healers at Holina, using various instruments to support the journey, such as Gongs, Singing Bowls and Chimes. We also have a Digital experience specifically created for Holina which supplements our organic experiences.

### Marine Based Activities

Koh Phangan is one of the most beautiful tropical paradise islands in the world, and yet here we are encouraging you to join us as we sail around the island and explore what's underneath the waves, whether it's snorkelling, scuba diving or free-diving, we can unleash a whole new world for you.

### Spirituality Workshop

We are strong and firm believers in a as well as a Spiritual ,Spiritual lifestyle It means many .and practice ,culture Our .things for many different people Workshops help you to understand Spirituality from a broader spectrum and to give you the opportunity to share .your own ideas with us

### NLP Workshops

Neuro Linguistic Programming is a .s life'fabulous tool to master in anyone The understanding of how to languages and ,serve us positively and negatively the power of influence through body movement and non verbal communication are just the beginning of the topics explored in these educational .workshops

### Dance & Movement Therapy

One of Koh Phangan's reputations is as a as well ,world leader in Ecstatic Dance We .as Contact Improvisation Dance have a wonderful and gifted team any Holina who will introduce the magic of movement in a safe and sober space for you to explore the spiritual release that .comes from these disciplines

### Massage

Everybody loves being massaged and having someone take care of them. Thailand is famous for its massage techniques for people with aches and pains. But also, if you feel good already, enjoy an oil massage or simply a foot massage. All types of massages are available at Holina.

### Muay Thai

Muay Thai is the national sport of Thailand. It is far more than simply kick boxing - it is a full body workout that uses all of 4 limbs to release energy and discover our core strength. You will work up a sweat.