

THAILAND YOGA

10
Years
Anniversary

ART & DANCE 2026

25 - 27 SEPTEMBER 2026

AT AVANI RATCHADA HOTEL BANGKOK



- 66 Instructors/ 15 Countries
- 130 Classes
- With 12 Rooms 3 Days



SCHEDULE

More Info :

 Thailand Yoga Art & Dance

 www.makefriendsforu.com

 Makefriends.foru

 090-657-3020

 0906573020



REGISTER HERE





REGISTER HERE

THAILAND YOGA ART & DANCE 2026

25-27 SEPTEMBER 2026
AVANI RATCHADA, BANGKOK HOTEL

(FLOOR 3)

DAY 1

25

SEPTEMBER

2026

09:00 - 10:30

11:00 - 12:30

14:00 - 15:30

16:00 - 17:30

ROOM | FLOOR
1 | 3



YIN YOGA WITH MONOCHORD

CHRIS SU



LED ASHTANGA (11.00-13.00)

YOGI KAMAL SINGH



HARMONY OF SOUND

TAIATAR



POWER OF SUN SALUTATION

SATTT

ROOM | FLOOR
2 | 3



BLISSFUL FLOW

ANNIE BLISS



CREATIVE VINYASA THE 360° DANCE & MOBILITY

DIAZ



BEAT YOGA

LUNA THAI



YOGA MOVE INTEGRATED SEQUENCE (I.S)

MAY ANG

ROOM | FLOOR
3 | 3



HATHA YOGA

ANNA



THAI BOXING

PLA



NAIL BOARD YOGA

BUB



INSIDE YOGA

MIAO

ROOM | FLOOR
4 | 3



INSIDE FLOW VIETNAM (9.00-10.00)

NGUYEN CAMVAN



INSIDE FLOW SINGAPORE (11.00-12.00)

ALY



MYMOVES

ALEXEY



ZUMBA (16.00-17.00)

TUM

ROOM | FLOOR
5 | 2



STICK YOGA

JOHNSON



UPSIDE DOWN TRANSITION

BILLY LOO



YOGA MOVE INTEGRATED SEQUENCE (I.S)

TUONG KIKU

ROOM | FLOOR
6 | 2



ANCIENT VINYASA FLOW

DHIRAJ ROY



HEAR OPENING & SPINE FREEDOM WITH THE YOGA WHEEL

YING YING

ROOM | FLOOR
7 | 2



CHAKRA YOGA FLOW

HAIDAR



BLOCK BARRE

JIHYE



ROCKET | HYBRID FOR ALL LEVEL

TIAGO ROCHA

ROOM | FLOOR
8 | 2



COOKING CLASS KANOM KROK

NUENG



MANDARA INNER JOURNEY

PEI PEI



COOKING CLASS MOCKTAIL MENU : BLUE SKY

WAN & J

ROOM | FLOOR
9 | 2



CORE O'CLOCK

CHERRIE



TOK SEN & THAI MASSAGE

MIN



FACIAL CUA SHA AND CHINESE ACUPRESSURE

TCM

ROOM | FLOOR
10 | 2



KUNDALINI YOGA

NAVEEN



DEEP REST SOUND BATH

ONIGIRI



UNIVERSAL YOGA (14.00-16.00)

WILL LAU

ROOM | FLOOR
11 | 12



AQUA YOGA (9.00-10.00)

BUB



POWER SUP YOGA (11.00-12.00)

BUB



SUP YOGA WITH BALL (14.00-15.00)

AOM



SUP PILATIES (16.00-17.00)

ANGEL



DESCRIPTION CLASS

BOOKING CLASS : @MAKEFRIENDS.FORU





REGISTER HERE

THAILAND YOGA ART & DANCE 2026

25-27 SEPTEMBER 2026
AVANI RATCHADA, BANGKOK HOTEL

(FLOOR 3)

DAY 2

26

SEPTEMBER

2026

09:00 - 10:30

11:00 - 12:30

14:00 - 15:30

16:00 - 17:30

ROOM | FLOOR
1 | 3



YIN YOGA & SOUND HEALING

ANNIE BLISS



BACKBEND & HOLLOWBACK

NICOLE TAN



HOT-VINYASHA FLOW

DHIRAJ ROY



YOGA NIDRA

LAURENCE

ROOM | FLOOR
2 | 3



ASHTANGA BREATH & MOMENTS (8.30-10.30)

YOGI KAMAL SINGH



HAPPY BODY FACE

DEE CHAMANA



BACK-TO-BASIC

POP AREEYA



PILATES FLOWS DANCE (16.00-17.00)

BELL CHINADOLLS

ROOM | FLOOR
3 | 3



PILATES MAT

YING YING



TAEKWONDO

ALEXEY



FIT BALL

MAI



BASED ON BLOCK YOGA

SUDIP

ROOM | FLOOR
4 | 3



INSIDE FLOW - VIETNAM (09.00-10.00)

MIAO



CREATIVE VINYASA HIPS DON'T LIE

DIAZ



INSIDE FLOW - THAILAND (14.00-15.00)

AE



EASY & VARIETY DANCE

TUM

ROOM | FLOOR
5 | 2



JOY OF HOLLOWBACK

BILLY LOO



RECOVERING BARRE

JIHYE



WHEEL YOGA

SUKHUM



UNIVERSAL YOGA (16.00-18.00)

WILL LAU

ROOM | FLOOR
6 | 2



UNIVERSAL YOGA (8.30-10.30)

WILL LAU



SEXY SCULPT YOGA

CHERRIE



FACIAL GUA SHA AND CHINESE ACUPRESSURE

TCM



FUNCTIONAL PELVIC HEALING

VICKY

ROOM | FLOOR
7 | 2



ENERGIZE & ALIGN WITH KRU NUI

NUI



YOGA MOVE MYOFASCIAL DEEP STRETCHING (M.D.S)

TUONG KIKU



KUNDALINI & THAI THERAPY MUSICAL

NIN



CREATIVE VINYASA FUNKY CORE & ARM BALANCE

DIAZ

ROOM | FLOOR
8 | 2



COOKING CLASS- BUA LOY

NUENG



COOKING CLASSMOCKTAIL MENU: PLUM MOJITO

WAN & J



THAI HERBAL COMPRESS BALL

PUI



COOKING CLASS SOMTAM

NUENG

ROOM | FLOOR
9 | 2



CLASSICAL HATHA YOGA

NAVEEN



ULTIMATE POWER VINYASA

BUB



BASIC HANDSTAND

EUMEIM



YIN YANG YOGA COMBINES MOVEMENT & STILLNESS

CHONG NGUI TING

ROOM | FLOOR
10 | 2



LAUGHTER YOGA & SOUND HEALING

GRACE



ROCKET II HYBRID FOR ALL LEVEL

TIAGO ROCHA



ACRO YOGA

MASTER PADMINI
MASTER YOGI VINH

ROOM | FLOOR
11 | 12



AQUA FIT (9.00-10.00)

AOM & JENA



SUP SOUND BATH (11.00-12.00)

ONIGIRI



AQUA YOGA (14.00-15.00)

BUB



SUP YOGA (16.00-17.00)

SUKHUM

ROOM | FLOOR
12 | 12



SCRUB & STREAM WITH THAI HERB

PUI



ZEN STRENGTH BREATHWORK & ICE BATH EXPERIENCE

JASON



DESCRIPTION CLASS

BOOKING CLASS : @MAKEFRIENDS.FORU



TYAD





REGISTER HERE

THAILAND YOGA ART & DANCE 2026

25-27 SEPTEMBER 2026
AVANI RATCHADA, BANGKOK HOTEL

DAY 3

27

SEPTEMBER
2026

(FLOOR 3)

09:00 - 10:30

11:00 - 12:30

14:00 - 15:30

16:00 - 17:30

ROOM FLOOR
1 3



SOUND BATH
LAURENCE



VIPASSANA & WALKING MEDITATION
KIK



LAUGHTER YOGA & SOUND HEALING
GRACE



YIN WITH MONOCHORD
CHRIS SU

ROOM FLOOR
2 3



TOK SEN & THAI MASSAGE
NIN



BELLY DANCE
APPLE



BODY COMBAT (14.00-15.00)
TAE



YOGA COMBAT MOBILITY
LUNA THAI

ROOM FLOOR
3 3



ACRO YOGA
MASTER PADMINI
MASTER YOGI VINH



HANSA FLOW
AE



IYENGAR YOGA TOPIC STANDING ASANA
TUL



PILATES BALL
CIDER

ROOM FLOOR
4 3



INSIDE FLOW PARTY (09.00-10.00)
JENA



INSIDE FLOW RUSSIA (11.00-12.00)
ANNA



INSIDE FLOW MALAYSIA (14.00-15.00)
JOHNSON



MYMOVES
ALEXEY

ROOM FLOOR
5 2



DHARANA YOGA MEDIATION
VEEN



JOURNEY OF ARM-BALANCE
BILLY LOO



YOGA STICK
MAI



YOGA WHELL
KARN

ROOM FLOOR
6 2



CHAKRA ENERGY SERIES
CHONG NGUI TING



ALIGNMENT & ADJUSTMENT (11.00-13.00)
YOGI KAMAL SINGH



YOGA THERAPY
ALY



WHEEL FLOW & DEEP STRETCH
YING YING

ROOM FLOOR
7 2



FACIAL GUA SHA AND CHINESE ACUPRESSURE
TCM



THAI CLOTH STRETCHING
KAE



ART OF SELF HYPNOSIS (14.00-16.00)
AEK



SOMATIC RHYTHM FLOW PILATES
JIHYE

ROOM FLOOR
8 2



COOKING CLASS SAKU SAI MOO
NUENG



COOKING CLASS MOCKTAIL MENU: DARK NIGHT
WAN & J



COOKING CLASS CRISPY SPRING ROLLS
NUENG



MINDFUL MANDALA
PEI PEI

ROOM FLOOR
9 2



OPEN & FLOW : BACKBEND BASICS
NICOLE TAN



FUNCTIONAL BACKBENDING WITH BREATHWORK AND GRACE
VICKY



FIND YOUR CENTER
SANDEEP RANA



YOGA THAI MASSAGE
NIN

ROOM FLOOR
10 2



ZEN FLOW
HAIDAR



PRANA FLOW
NGUYEN CAMYAN



KRIYA YOGA
NAVEEN



HAPPY ENDING WITH YOGA
JIMMY

ROOM FLOOR
11 12



SUP SOUND BATH (09.00-10.00)
ONIGIRI



AQUA ZUMBA (11.00-12.00)
PLOY



SUP YOGA WITH BALL (14.00-15.00)
AOM



SUP YOGA (16.00-17.00)
AOM

ROOM FLOOR
12 12



SCRUB & STEAM WITH THAI HERB
PUI



ZEN STRENGTH BREATHWORK & ICE BATH EXPERIENCE
JASON



DESCRIPTION CLASS

BOOKING CLASS : @MAKEFRIENDS.FORU

