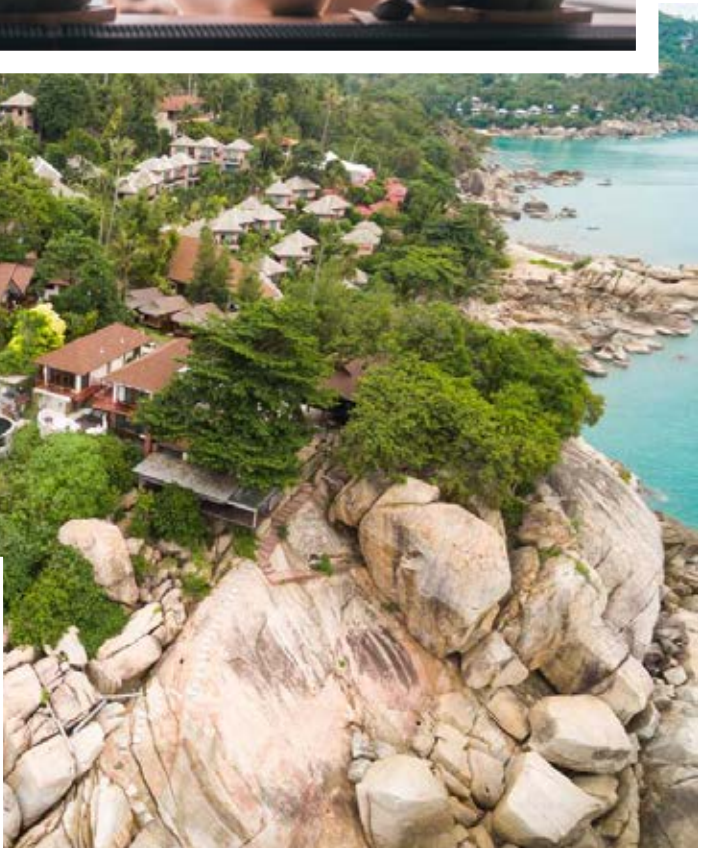


Thailand Yoga Retreat

KOH SAMUI
JUNE 6-11



Koh Samui is calling



Join us on a transformative journey to the secluded, unspoilt shores of Koh Samui, where lush jungle landscapes, sun-kissed beaches, and vibrant island culture await. Our 6-day, 5-night retreat, hosted at a private resort, offers a unique blend of relaxation, exploration, community, and personal growth.

Retreat Inclusions

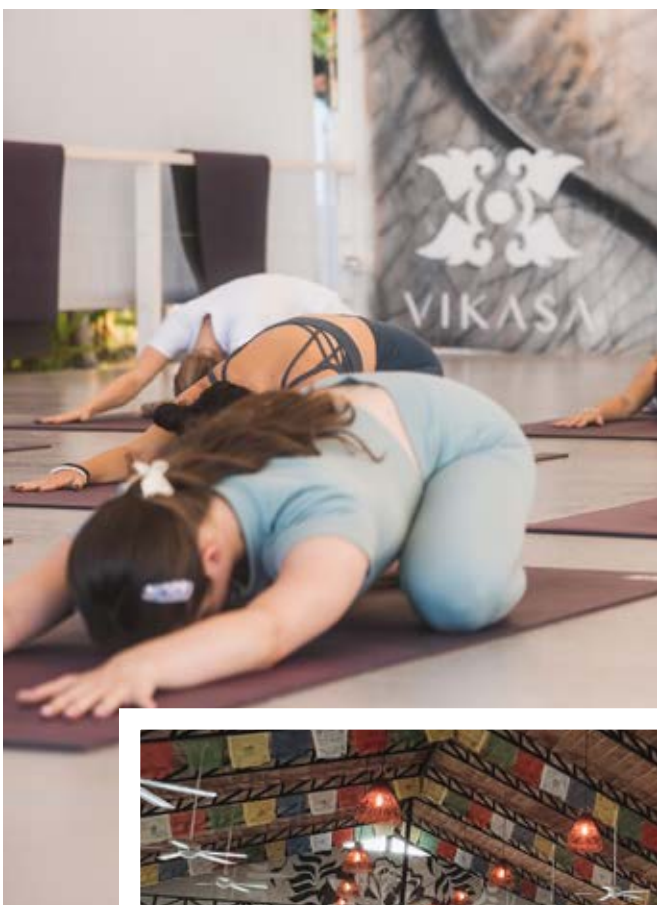
- 6 days, 5 nights in luxurious accommodation
- Opening blessing, dinner & farewell party
- Local boat transfer
- Yoga mat, props & bolster provided
- Week long yoga immersion (Multiple classes including: Hatha, Sound Healing, Yin, Yoga Nidra, Vinyasa +more)
- 2X nourishing gourmet meals each day
- 1X optional Ice Bath recovery session
- 1X Day trip to Thai Temple
- 1X Thai cooking demo
- Full access resort pool & secret beach
- 2x bottles mineral water in room replenished daily
- Free high-speed Wi-Fi throughout rooms & resort



Choose your yoga journey

This is a retreat designed around you, five days of yoga immersion where every session is optional. Tune into what your body and soul are asking for, and shape a retreat that shifts with you, day by day.

Choose from a rotating offering of yoga, and wellness sessions, each one welcoming to every ability level and thoughtfully placed within one of the resort's yoga shalas. With multiple sessions and teachers to choose from each day, no two days need look the same.





Yoga

Do as much or as little yoga as you like each day. Sleep in, read a book and enjoy the evening classes or start your retreat early and take in a full day.

Some highlights of the week will include:

Asana (Yoga Flows)

Sound & Ceremony

Relaxing Yoga

Workshops

Sample Day

Meditation / Breathwork

7.30 – 8am

Sunrise Yoga

8 – 9am

Breakfast

9.30 – 11.30am

Yoga

10am – 12pm

Yoga

12 – 1pm

Workshop / Wellness Session

1:30 – 3:30pm

Afternoon Yoga

4 – 5pm

Sunset Breathwork/Meditation/Nidra

5 – 6pm

Dinner

6.30 – 8.30pm

Restorative Yoga / Singing Crystal Bowls

7:30 – 8:30pm

Social Hour / Relax

8.30 – 9.30pm

Daily Meals



Everyday on retreat you will enjoy brunch and dinner. Brunch is served with options such as freshly squeezed juice, tea and coffee, fresh sourdough toast and homemade spreads, muesli with yogurt or chia seeds pudding, veggies with speciality in-house organic dips, fresh salad and of course a variety of tropical fruits. You can also choose to order freshly cooked options such as eggs your way, a fluffy omelet, roast or steamed veggies or scrambled tofu.

Dinner is served each night based on a different global cuisine. Self-serve options include a nightly changing soup, salad and vegetarian protein dish plus a set meal that changes nightly according to the theme, such as a fragrant Thai curry, homemade falafels and hummus, healthy Mexican bean tacos or lentil bolognese pasta. Seafood and chicken options are offered several times a week, alongside the vegan and vegetarian options.



More than yoga & meals.



- Step outside the retreat for a day of cultural immersion. We'll journey to one of Koh Samui's sacred temples, taking in its intricate architecture and peaceful atmosphere.
- Enjoy a traditional Thai dance performance, where graceful, intricate movements and vibrant costumes bring centuries-old stories and island heritage to life.
- Cooking demonstration more than just a cooking class, you will walk away with recipes and invaluable knowledge to fuel your body for optimal health. Best of all, everything you learn to make you get to enjoy.

Yoga Shalas

Explore yoga, ceremony, workshops and sound across 3 different resort yoga shalas



Black Lotus Shala

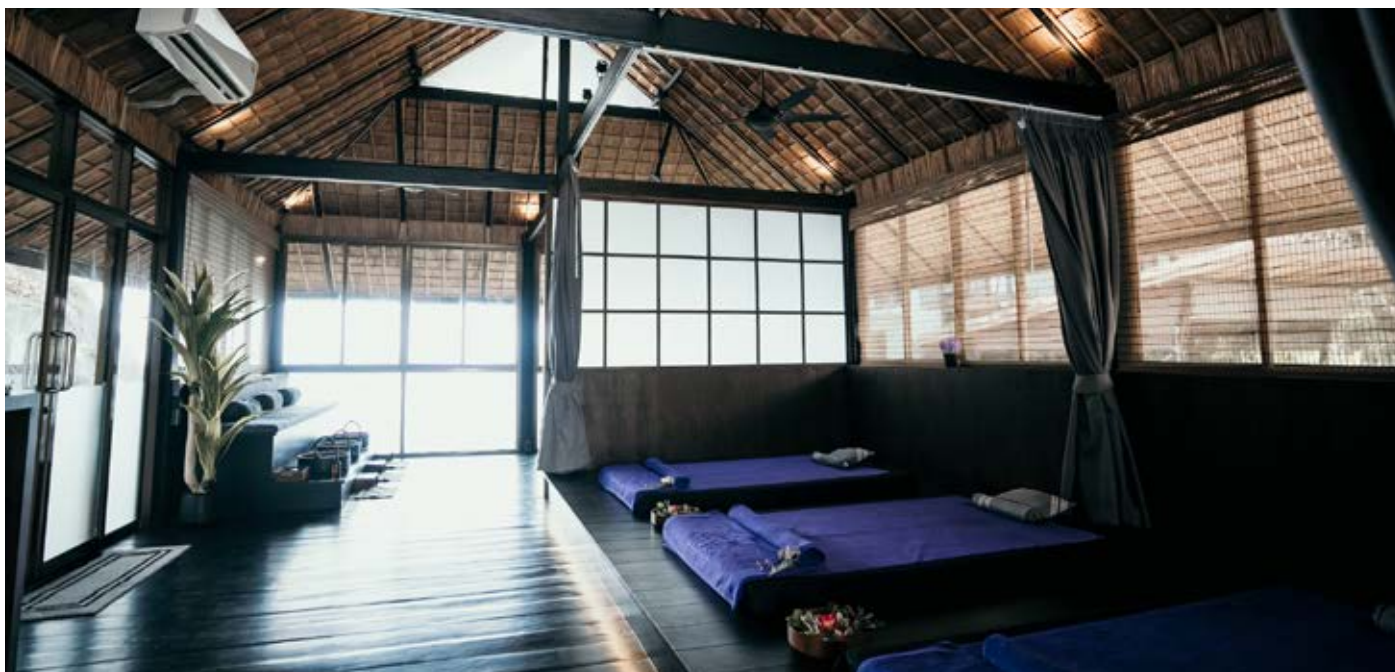


White Prana Shala



Zen Shala

Resort facilities



Vita Spa

Say farewell to stress and return to your true self. With authentic Thai treatments as well as intuitive healing therapies.*
(*At your own additional cost)



Resort Pool



Life Cafe

Resort accommodation options.

Twin Room



Private Room



All rooms include:

- Private bathroom
- Air conditioning
- Luxury linen
- Work desk
- Tea & coffee facilities
- In room safe
- WiFi
- Hairdryer



Next Steps

Call or text me any time
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