



BeFitreat

MIND, BODY & SOUL
YOGA RETREAT
IN THE HEART OF
PHUKET, THAILAND



YOGA



MEDITATION



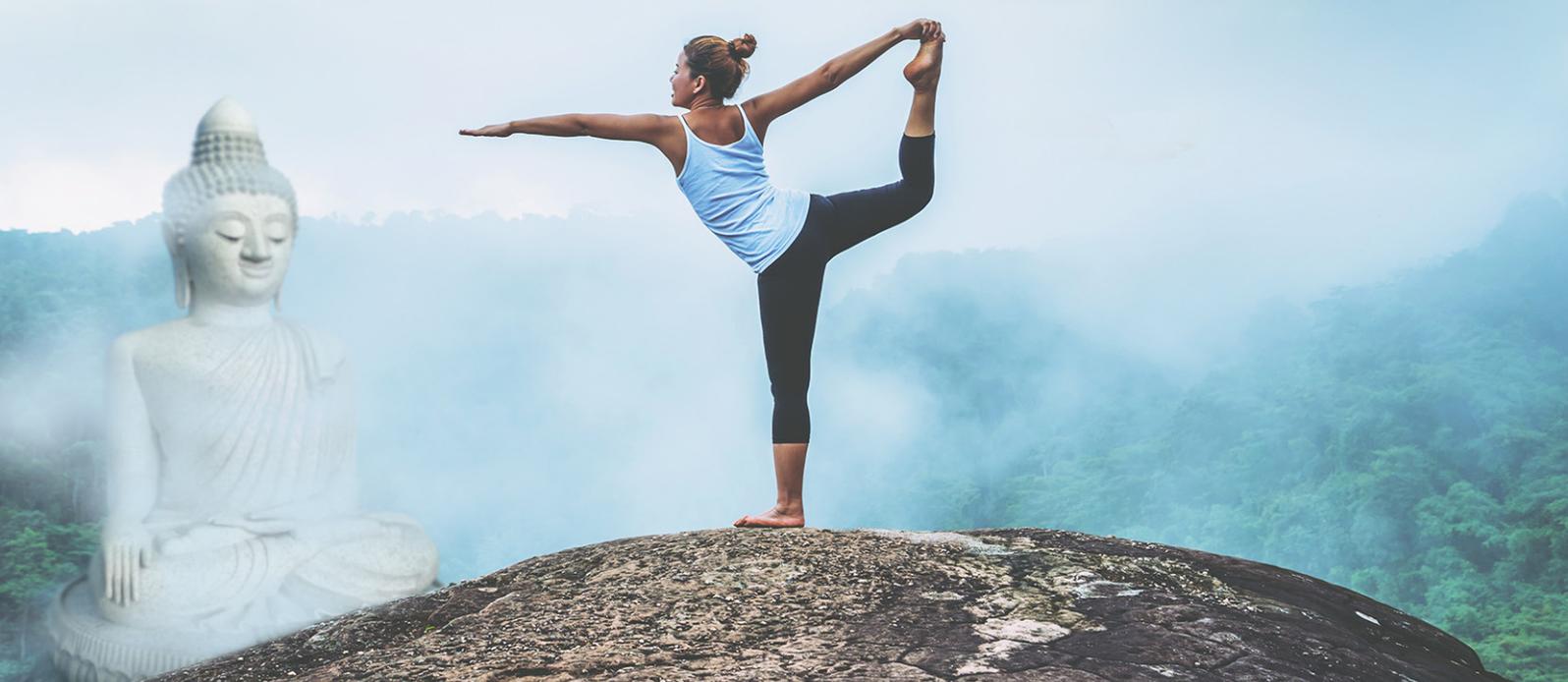
SOUND HEALING



BREATHWORK



FITNESS





BeFitreat

INTRODUCTION TO BEFITREAT, THAILAND:

BeFitreat is an all-inclusive, life-changing retreat business located in Phuket, Thailand and Dubai, UAE. We are experienced in offering unrivalled fitness retreats and have planned and organised over 200 fitness holidays for individuals and groups alike. Yoga has always been a part of our Retreats and we are now excited to offer a Yoga & Wellness focused 7 day retreat which as always is created with "YOU" in mind.

YOGA & WELLNESS:

BeFitreat has the pleasure of joining forces with some of the best yoga instructors located on the Island of Phuket. Our instructors speak English and provide classes to suit all levels of practice.

We offer a variety of yoga classes throughout the week and there will also be meditation practice, sound healing as well as other wellness activities for you to choose at your leisure. Our focus is slowing down and there will be plenty of time for relaxation as well as healthy nutrition to nourish your soul.

If you do wish to incorporate additional fitness into the week, we can arrange this for you separately and have access to a variety of classes and coaches.





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THE RESORT:

Located in a tranquil part of Phuket, this boutique resort is the perfect location for unwinding. The rooftop Yoga Shala provides a beautiful space for your Practice. It offers shade from the elements, but is open-air to immerse you in the nature and sounds around. If you wish to take a cool dip after your practice there are two swimming pools to choose from which are also perfect to lounge beside and take time to read or sleep.



ROOMS:

The Deluxe Room is air conditioned and has a balcony. It is suitable for single or a couple and has a big bed, a sofa, flat screen cable TV, safety deposit box and WIFI connection.





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NUTRITION:

BeFitreat believes that with the right nutrition and fuel you can achieve anything for your mind body and soul.

Our Yoga Retreat includes one meal per day at the Resort (choose between breakfast, lunch and dinner). There is an option to choose full board at an additional cost. All meals at the Resort are healthy, with vegetarian (and vegan) options. If you choose to eat outside the Resort we can happily recommend some healthy options.



ADDITIONAL

YOUR PERSONAL HOST:

We at BeFitreat believe that this is the most important aspect and service to ensure a 5* holiday. Each booking will receive a host that will guide you through the whole process and will be with you every step of the way from the moment you book.

AIRPORT TRANSFERS:

Airport pick and drop off is included with all packages. Should you wish to be picked up from any other location in Phuket than the airport just let your host know prior to arrival and we will arrange this for you.





Befitreat



HELEN LOWE - BEFITREAT HOST & YOGA TEACHER

Helen is excited to be hosting our very first Yoga & Wellness Retreat. She is a qualified yoga teacher and feminine embodiment coach and is passionate about sharing her knowledge to support people in their wellness journey, physically, mentally and spiritually. Having hosted our Fitness Retreat guests in Thailand and Dubai, she is now excited to welcome you all to our new wellness experience.

OCEAN BLOOM - YOGA TEACHER

With over 25 years experience as a fitness world champion, celebrity personal trainer and certified yoga teacher, Ocean's pioneering approach combines fitness modalities with the ancient elements of yoga and meditation to create health not just in the body, but in the mind and spirit as well.



KUNTICHA KULNA (ANN) - YOGA TEACHER

Ann brings her beautiful energy to each class. She has been teaching yoga since 2014, when she qualified in Chang Mai, Thailand. Since then, she has continued her trainings in Rishikesh, India and also Phuket, where she is now based.



ANGELINA DRIFTMEYER - BREATHWORK, SOUND AND REIKI HEALER

Throughout the past 10 years Angelina travelled within and far from her native Thailand to be guided by many great teachers around the world in the ancient arts, philosophies and teachings of sound, ceremony, and energy, including Pranayama breathwork, meditation and yoga.



We have put together a sample schedule which gives you an idea on how your week could look. You are welcome to take part in as much or as little as you feel, this is just a guide. The focus is your wellbeing and all we wish is that you feel good throughout the week and leave Thailand feeling amazing.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30-07.00		Morning Meditation	Breakfast	Morning Meditation	Breakfast	Morning Meditation	Sunrise Hatha & Breathwork (Beach)	
7.00-08.00		Vinyasa Flow		Vinyasa Flow	Big Buddha Hike	Vinyasa Flow		Group Breakfast
08.00-10.00		Breakfast (Free)	Group Muay Thai Session (Optional)	Breakfast (Free)	Tour of Big Buddha	Cooking Class (Optional)	Breakfast (Free)	
Lunch								Check-Out
13.30-15.30	Check-In at 15.00	Group Reiki Energy Healing (One Hour)	Fitness Session (Optional) (12.30)	Visit to Elephant Sanctuary (Optional)	Fitness Session (Optional) (12.30)	Relax	Private Muay Thai	
16.00-17.00	Welcome Session	Workshop Journaling	Relax	Private Muay Thai	Workshop Nutrition	Workshop Breathwork	Workshop Stretch	
17.00-18.00	Gentle Yoga	Gentle Yoga & Sound Healing	Gentle Yoga	Gentle Yoga & Sound Healing	Gentle Yoga	Yoga Workshop (Inversions)		
Dinner /Evening	Group Dinner		Massage		Massage		Visit to Night Market	

1 x Private Muay Thai Session included (All levels)
 1 x Massage included
 Optional = additional charge

*Schedule subject to minor changes





YOGA PACKAGE:

ACCOMMODATION	
Private Room 2 Shared Pools Rooftop Yoga Shala	
YOGA & WELLNESS	
Yoga Classes (all levels) Meditation Sound Healing Workshops Breathwork 1 x Private Muay Thai 1 x Massage	
MEALS AND NUTRITION	
One meal per day included Add an additional meal fo \$27 per day	
ADDITIONAL	
Airport Pick Up and Drop off Personal Host Pre-/Post-Retreat Support (Email, Whatsapp, Calls) T-Shirt Starter Kit Excursions and Extra Fitness Sessions (At Additional Cost) Digital Detox (Optional) Complimentary visit to Elephant Sanctuary	
PRICE	
7 Nights	Double Occupancy \$1,299 pp
	Single Occupancy \$1,999