



BeFitreat

AN ALL-INCLUSIVE FITNESS RETREAT IN THE HEART OF PHUKET, THAILAND



MIND, BODY & SOUL RETREAT



YOGA



HIIT & STRENGTH



THAI BOXING



NUTRITION



MINDFULNESS



WWW.THAILAND.BEFITREAT.COM



INFO@BEFITREAT.COM



INTRODUCTION TO BEFITREAT, THAILAND:

BeFitreat is an all-inclusive, life-changing fitness retreat in Phuket, Thailand and Dubai, UAE. We offer the best Martial Arts training, CrossFit, Strength & Conditioning and Yoga as well as private coaching, meals and accommodation to bring you an unrivalled holistic fitness holiday. Over the years, we have planned and organised over 200 fitness holidays for individuals and groups alike and have done everything in our power to create packages with “YOU” in mind.

TRAINING:

BeFitreat has the pleasure of joining forces with one of the best fitness camps in the world — Tiger Muay Thai. We have partnered with them to bring you an exciting experience that no other fitness retreat can match.

There are over 150 classes a week to choose from and you will get all-inclusive access to these with all of BeFitreat’s packages. Additionally, you will get two private Muay Thai sessions and if you opted for the Body Transformation package you will also get personal training sessions with a world renowned personal trainer with many years’ experience in the field.

For a description of all the classes and example timetable please check the website www.thailand.befitreat.com





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THE RESORT:

Nestled in a beautiful tropical cocoon, this boutique resort is perfectly equipped with everything you need for a relaxing stay during your fitness retreat. Whether you want to take a cooling dip or swim between sessions we have two pools that are perfect for your rest and recovery. If you would like a bit of reading time bring your book out to one of our relaxing pods surrounded by the sound of nature's birds and palm trees and you will surely get the most out of your down time.

ROOMS:

Each room and villa is air-conditioned, with wireless internet connection and private balcony or terrace.



CO-WORKING SPACE:

The hotel offers the perfect co-working space for anyone looking to get on with their work whilst enjoying their fitness journey. There are several quiet areas to sit and work with your laptop and we even have a board room for groups coming on a work retreat. It is private and can be booked free of charge during you stay.





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NUTRITION:

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

If you are training at an increased intensity, it is vital that you are getting the right nutrition to support your training.

The Fitness Package includes one meal a day at the Resort (choose between breakfast, lunch or dinner). There is an option to choose full board at an additional cost.

The Body Transformation Package includes a meal plan with three meals a day as well as nutritional advice to ensure you achieve your results.





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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.

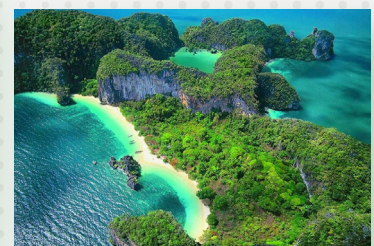
AIRPORT TRANSFERS:

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.

ACTIVITIES:

Each booking comes with one complimentary excursion. If you want to explore some of Phukets' other top attractions please let your host know. Below are some of our recommendations:

- Elephant sanctuary
- Island hopping (Phi Phi, Maya Bay, Bamboo)
- Authentic Thai Cooking Class
- Phuket City Tour: Karon View Point, Big Buddha & Wat Chalong
- Diving (additional cost)
- Photoshoot





FITNESS PACKAGE:

ACCOMMODATION					
Private Room 2 Shared Pools Quiet Work Stations					
TRAINING					
Fitness Classes (Crossfit, Yoga, Strength and Conditioning, HIIT Beach workout, Buddha Run Etc.) Combat Classes (Group Muay Thai, BJJ, Wrestling, Boxing etc) 2 x 1-on-1 Muay Thai sessions per booking					
MEALS AND NUTRITION					
One free meal a day included Add two additional meals for \$27 a day					
ADDITIONAL					
Airport Pick Up and Drop off Personal Host Pre-/Post-Retreat Support (Email, Whatsapp, Calls) T-Shirt Starter Kit Complimentary visit to Elephant Sanctuary					
DURATION IN DAYS (FLEX)					
5 Days	7 Days	10 Days	14 Days	21 Days	28 Days
PRICE (PER PERSON)					
Double \$850	Double \$925	Double \$1,275	Double \$1,510	Double \$2,110	Double \$2,370
Single \$1,375	Single \$1,595	Single \$2,035	Single \$2,475	Single \$3,410	Single \$3,850





BODY TRANSFORMATION PACKAGE:

ACCOMMODATION						
Private Room 2 Shared Pools Quiet Work Stations						
TRAINING						
Fitness Classes (Crossfit, Yoga, Strength and Conditioning, HIIT Beach workout, Buddha Run Etc.) Combat Classes (Group Muay Thai, BJJ, Wrestling, Boxing etc) 2 x 1-on-1 Muay Thai sessions per booking 2 x Personal Training sessions per week Body Composition Test						
MEALS AND NUTRITION						
Three Meals, a snack and a shake Nutritional Assessment Meal plan						
ADDITIONAL						
Airport Pick Up and Drop off Personal Host Pre-/Post-Retreat Support (Email, Whatsapp, Calls) T-Shirt Starter Kit Complimentary visit to Elephant Sanctuary						
DURATION IN DAYS						
14 Days*	21 Days	28 Days	6 Weeks	8 Weeks	10 Weeks	12 Weeks
PRICE (PER PERSON)						
Double \$2,200	Double \$3,050	Double \$3,500	Double \$4,845	Double \$5,600	Double \$6,900	Double \$7,350
Single \$3,050	Single \$4,235	Single \$4,950	Single \$7,250	Single \$8,650	Single \$11,000	Single \$12,000

*For the Body Transformation package we require a minimum of 14 days to see noticeable results.

