

Day 1

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CHECK-IN

COMPANY FORUM MEETING

SUNSET YOGA WITH HELEN LOWE

PRIVATE DINNER @ SHALIMAR
OUTDOOR TERRACE

Day 2

PICK UP TO FOSSIL ROCK

HIKE, BREATH WORK AND ICE WITH
BENOIT DEMUEDEMEESTER

BREAKFAST

FORUM MEETING WIT
COFFEE BREAK

LUNCH

WORKSHOP 7 PRACTICES
OF HEALTH & WELLNESS

PRIVATE BONFIRE & DINNER
IN TENTED VILLA

Day 3

MORNING YOGA & MEDITATION

INVIGORATE GROUP TRAINING
SESSION

BREAKFAST

MASSAGES

LUNCH

WORKSHOP 7 PRACTICES
OF HEALTH & WELLNESS

GRATITUDE PRACTICE

DINNER

Corporate 5 Day Retreat Sample - Thailand

Day 1

BEACH WORKOUT
BREAKFAST
RELAX/EXPLORE
LUNCH
ELEPHANT
SANCTUARY 1/2 DAY
EXCURSION
DINNER

Day 2

MORNING YOGA
BREAKFAST
MORNING COOKING
CLASS WITH MARKET
TRIP
LUNCH
RELAX
MASSAGES
SUNSET DRINKS
DINNER

Day 3

BUDDHA WALK
BREAKFAST
RELAX
BRUNCH DAY AT
KATA ROCKS WITH
SUNSET
DINNER

Day 4

BREAKFAST
PRIVATE BOAT TOUR
FULL DAY WITH
SUNSET
DINNER

Day 5

YOGA AND BREATH
WORK SESSION
BREAKFAST
MASSAGES
RELAX