

Silhouette

YOGA • BODYWORK • RETREATS

Nourishing your body and soul



THAILAND

*Beautiful Thai bungalows on the beach garden settings, many cafes, restaurants, massage parlours, temples Koh Phayam island is only 34.7km² completely relaxed island...one ATM only
3 beautiful beach's...no cars allowed only scooters and scooter taxis*

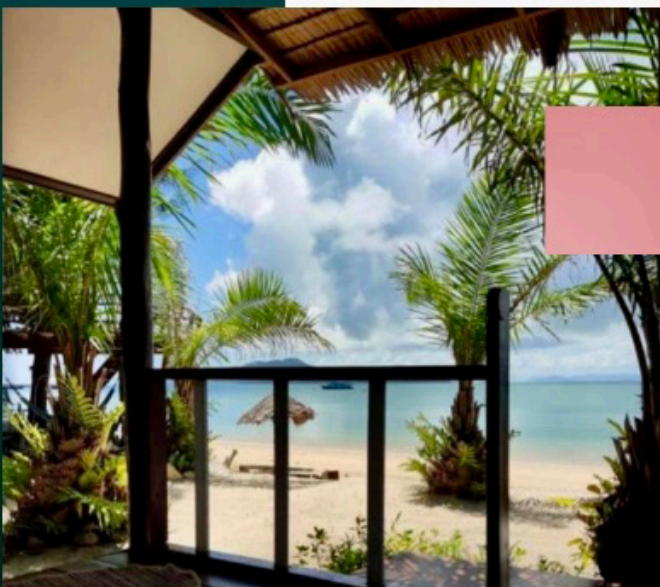
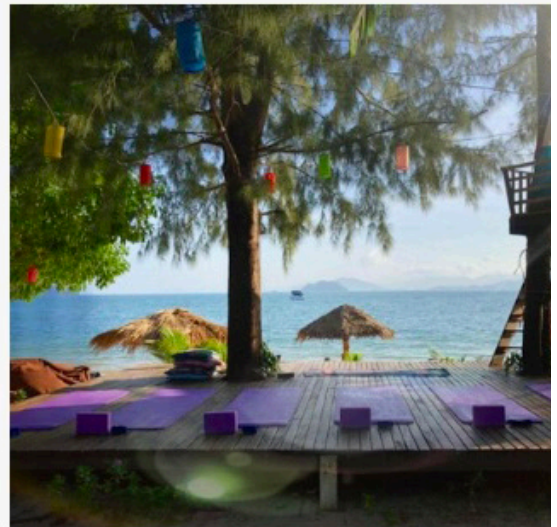
RETREATS

Retreats

6th-14th December

8th-16th January 2025

2024



RELAXATION

- Yoga twice daily - sunrise & sunset,
- meditation, Kirtan & breathwork
- Massages available daily
- Amazing variety of food
- beautiful accommodation on the beach
- Scooters available to rent
- all classes/workshops £250
- flights approx £700-£800,
- speedboat, taxi's approx £20
- All food approx £8 daily
- all information explained upon request..

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