



SAMKARA

Luxury Wellness Retreat & Holistic Spa

Mind © Body © Soul



SAMKARA LUXURY MEDITATION RETREAT

Samkara's Meditation Retreat is a relaxing and restorative program that is ideal for people new to mindfulness, providing a fresh start to reach a wide variety of health goals for your mind and soul.

Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the center of consciousness within. Meditation is not a part of any religion; it is a science, which means that the process of meditation follows a particular order, has definite principles, and produces results that can be verified.

In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake

and alert, but your mind is not focused on the external world or on the events taking place around you. Meditation requires an inner state that is still and one-pointed so that the mind becomes silent. When the mind is silent and no longer distracts you, meditation deepens.

The longer the you turn inwards, the more profound the results. For this reason Samkara offers retreat durations of 4 nights and 7 nights. It is impossible to reach enlightenment in one short week, but the experience of meditation will show you how simple it is to improve your overall mental and spiritual wellbeing; empowering you to change your life for your benefit and those around you!

The practice of meditation comes in many forms but simply put, it is a practical means for calming yourself, for letting go of your biases and seeing what is, openly and clearly. It is a way of training the mind so that you are not distracted and caught up in its endless churning.



Samkara's Meditation Program is combination mindfulness activities both onsite and in the lush tropical nature complimented by calm movements such as Yoga, Qui Gong, Tai Chi, and much more.





The mythology of meditation is to go beyond the mind and experience our essential nature—which is described as peace, happiness, and bliss. Each of us possess a physical body made up of bones, flesh, blood and such things. At present we are not able to exert complete control over this body and as a result we always experience problems. There might be a rich man whose wealth is equal to that of the entire world yet despite his enormous fortune, if his mind is tied up in an uncontrolled body, he will live in continual suffering. We offer assistance in healing this suffering.

The Samkara Meditation Program includes a healthy meal plan including colourful, nutritious, food provided three times daily along with daily mindfulness activities and relevant consultations to better assist you in diving deep within yourself to experience the silence, bliss, and Love that is your innate nature.

The program begins at 7:00AM every day with a fresh coconut and a morning yoga class overlooking the ocean to start the day off right. Combining this approach with various daily mindfulness activities in nature and onsite, spa treatments, healthy cuisine, and a personalised holistic therapist to consult with you before, during, and after your retreat, ensures you have the personal and professional attention your mind, body, and soul requires so that you return home feeling like a new, more balance version of yourself!

If you have been considering a meditation retreat but are not quite ready to commit to an intensive Vipassana-style meditation retreat, often times requiring you to sit for long periods in silence, then the Samkara Meditation Retreat is for you!



SAMKARA MEDITATION PACKAGE

* Detailed Daily Schedule Provided Upon Arrival *

The 4 Night Samkara Luxury Meditation Package Includes:

- 4 Nights Luxury Accommodation
- 3 Daily Healthy Meals - Breakfast/Lunch/Dinner + Farewell Breakfast
- 3 Daily Fresh Coconuts
- 3 60min Morning Vinyasa Yoga Overlooking Ocean
- 3 60min Guided Meditation (Onsite)
- 3 90 min Mindfulness Activities in Nature
- 2 60min Massage Treatment *
- Unlimited Filtered Drinking Water

Notes: Complimentary use of all resort facilities. Free local shuttle service as well as airport pickup & drop off included. All retreat bookings include welcome drink & fresh towelettes, reusable metal water bottle, and a departure souvenir.

- Massage – Choice of 1 Hour Oil Massage, 1 Hour Traditional Thai Massage or 1 Hour Foot Massage

Terms and Conditions:

- - All rates are quoted in Thai Baht including 10% service charge & 7% VAT
- - Check-in time 14:00 and check-out time 12:00
- - Rates, services charge and taxes are subject to change without prior notice
- - Minimum 7 nights stay during peak seasons from 24 December to 5 January every year.

Cancellation policy:

- - Cancellation charges apply to both wellness programs and accommodation bookings
- - We will charge a 30% non-refundable deposit and the 70% balance will be paid on arrival
- - If cancelled up to 7 days before arrival, only the deposit is due. If cancelled within 7 days, the full amount is due
- - For bookings from 24 December to 5 January, we charge a 50% NRF deposit and the remainder 30 days before arrival

The 7 Night Samkara Luxury Meditation Package Includes:

- 7 Nights Luxury Accommodation
 - 3 Daily Healthy Meals - Breakfast/Lunch/Dinner + Farewell Breakfast = 19
 - 3 Daily Fresh Coconuts = 18
 - 6 60min Morning Yoga Overlooking Ocean
 - 6 60min Guided Meditation (Onsite)
 - 6 90min Mindfulness Activities in Nature
 - 3 60min Massage Treatment *
 - 1 30min Initial Mindfulness Consultation
 - Unlimited Filtered Drinking Water
-
- Notes: Complimentary use of all resort facilities. Free local shuttle service as well as airport pickup & drop off included. All retreat bookings include welcome drink & fresh towelettes, reusable metal water bottle, and a departure souvenir.
- * Massage – Choice of 1 Hour Oil Massage, 1 Hour Traditional Thai Massage or 1 Hour Foot Massage
- * 7 Night Detox Retreat bookings receive a complimentary 60min Samkara Signature Alchemy Healing treatment (Combination of Reiki/Qi Healing, Cupping, Chi New Tsang, and Tok Sen)

4 Night Meditation Retreat | Sample Daily Schedule

Sunday		Monday	Tuesday	Wednesday	Thursday
ARRIVAL DAY CHECK-IN @ 2:30	7:00	Wake Up– Drink Water	Wake Up– Drink Water	Wake Up– Drink Water	End of Retreat
	7:30	Fresh Coconut in Lounge	Fresh Coconut in Lounge	Fresh Coconut in Lounge	
	8:00	Morning Vinyasa Yoga	Morning Detox Yoga	Morning Vinyasa Yoga	Farwell Healthy Breakfast Buffet
	9:00	Healthy Breakfast w/ Fresh Coconut	Healthy Breakfast w/ Fresh Coconut	Healthy Breakfast w/ Fresh Coconut	
	10:00	Leisure Time	Leisure Time	Leisure Time	DEPARTURE DAY CHECK-OUT @ 11:30
	12:30	Healthy Lunch w/Fresh Coconut	Healthy Lunch w/Fresh Coconut	Healthy Lunch w/Fresh Coconut	
	1:30	Massage Treatment/ Leisure Time	Massage Treatment/ Leisure Time	Massage Treatment/ Leisure Time	
	2:30	Mindfulness in Nature	Mindfulness in Nature	Mindfulness in Nature	
	4:00	Afternoon Sharing Circle	Afternoon Sharing Circle	Afternoon Sharing Circle	
	5:00	Leisure Time	Leisure Time	Leisure Time	
	7:00	Healthy Dinner	Healthy Dinner	Healthy Dinner	
	8:00	Evening Guided Meditation	Evening Guided Meditation	Evening Guided Meditation	
	9:00	Sweet Dreams	Sweet Dreams	Sweet Dreams	

Disclaimer:

Actual results may vary. Samkara does not dispense medical advice or prescribe the use of any technique as a replacement form of treatment for physical, mental or medical problems by your doctor either directly or indirectly. Samkara's intention is to offer a variety of information and tools to help the participant in their quest for spiritual growth as well as emotional and physical well-being.

Description of Inclusions:

Yoga Our onsite morning yoga classes are either held in our yoga shala surrounded by lush tropical nature or on the rooftop of one of our buildings with a superb panoramic Seaview. Start the day off right with a variety of yoga practices including hatha, ashtanga, vinyasa, yin, and more; lead by highly qualified yoga instructors with experience from around the world. For retreats where yoga in nature is offered, guests come to enjoy the same diversity and quality of yoga offered onsite by our teachers but amidst the natural island beauty such as beaches, viewpoints, and waterfalls.

Guided Meditation Our meditation sessions are offered by powerful practitioners that guide your mind down the path of peace and silence through various forms of meditation including zen meditation, mindfulness meditation, transcendental meditation, self-affirmation meditation, and much more. Following their voice and instructions during this time will allow you to dive deeper and deeper within yourself, ending up in places of complete stillness and absolute insight you never knew existed before. Our meditation classes are either held in our yoga shala surrounded by lush tropical nature or on the rooftop of one of our buildings with a superb panoramic Seaview.

Mindfulness Activity Enjoy a number of different mindfulness activities amidst the tropical nature as our practitioners take you to various picturesque locations and viewpoints to practice different styles of meditation and silent hikes; All designed to have you reach a sense of peace and stillness within your mind with nothing but the healing energies and sounds of nature around you.

Leisure Time We offer leisure time throughout the day for you to take rest from the retreat. We encourage you to use this time to check out the rest of the island via one of the many activities that can be booked with our friendly reception staff or by simply renting a scooter and cruising around giving you the ultimate freedom to explore paradise. If you prefer to stay on the resort, there is always our famous infinity pool with a great selection of bohemian influenced music for you to relax and read a book as you work on your tan. Alternatively, you can always visit our luxurious holistic spa and receive some body or energy work to heal your mind, body, and soul.

Wellness Coaching/Consultation Use this time to express any concerns, doubts, goals, and expectations you have about your retreat and future. We offer one-on-one consultations with our onsite holistic therapists to answer any questions you may have related to your health, the retreat program, the internal and external experiences you are having during your retreat, and what to expect moving forward with your new life. Not only is this session offered during your retreat, but also before and after, ensuring you are well taken care of throughout the entire retreat lifecycle.

Samkara Signature Alchemy Healing Treatment This Gomin healing treatment is a combination of Reiki/Qi energy healing, Chi Nei Tsang abdominal massage, Tok-Sen deep tissue release, and Cupping therapy which brings the toxins to the surface of the skin to be released. Our holistic practitioners will first sit down with you to assess your lifestyle and how they can best provide the treatment and consult with you for what to expect afterwards. This deeply healing treatment will leave you feeling calm and restored, and ready for bed.

Pampering Spa Treatment We offer a number of pampering massage and beauty treatments for you to choose from as you surrender to the relaxing scents, soothing sounds, and healing hands. Our highly trained spa staff is ready to release all your physical and mental stress in these Gomin sessions leaving you feeling like royalty.