

TREE ROOTS RETREAT



Schedule

Package tour from Friday to Monday

Age limit

Minimum 12 years old and above

Difficulty



Allergy

Please advise any food allergies or special diet requirements

Meals

Breakfast and Lunch included

Nothing better than a retreat for those who are seeking to run away from urban life! Asia World Travel has selected one of the best locations for you, with various training options and activities. Awaken your inner warrior and experience mindfulness, movement and meditation! Choose a 3 or 5-night stay and enjoy a range of Fitness, Conditioning, Strength and Relaxation Courses. Relax in this privileged and quiet sanctuary and find your internal peace!



Detailed itinerary



Day 01: Friday

Our transporter will pick you up at the airport or hotel in Bangkok, transfer to the retreat location by air-conditioned comfortable vehicle.

You will be greeted with welcome drink and snacks. Check-in to your room, and enjoy your first day at leisure with bungalow's facilities: private collection library, swimming pool, Thai massage, coffee shop



The retreat is surrounded by fresh air from the green garden, you can also enjoy a swimming time at the pool. If you are book lover, there is also the option of spending time in the private 30,000 book library incorporated into a coffee shop and restaurant offering local natural foods in a simple and healthy menu. You also can enjoy Thai traditional massages from one the certified professional Thai masseurs in the privacy of your own room.



Day 02 & 03: Saturday and Sunday

Morning: Enjoy your breakfast at the retreat bungalow. After that, choose your activities in the flexible schedule training program and start enjoying interesting and exciting courses.

Afternoon: Nothing's better than enjoying a delicious lunch at the retreat after a good training. Go on in the afternoon with the flexible section training.



Spend the end of your at leisure while enjoying the resort facilities and services.

Day 04: Monday

On the last day of your package, you'll have fully awakened your inner warrior and prepare yourself for full contact living, enjoy a last leisure time at the retreat bungalow. Our driver will transfer you back to hotel or airport.



In option: Day 05 & 06

Stay two more days at the retreat and take the chance to spend more time in this peaceful environment. Continue your flexible training schedule and enjoy learning and exploring your skills.

Note: Every Tuesday night, as thanksgiving from the host of the retreat, you will be invited to join the BBQ dinner around the pool.



Training options

- *Flying yoga class (available on weekends only)*
- *Freestyle yoga/movement*
- *Crazy Monkey defense*
- *Brazilian Jiu Jitsu*
- *Self-defense*
- *Control and restrain introduction as the basic courses*
- *Surfing, stand up paddle boarding class*
- *Energy trail*