

Private Retreat

Are you ready to take 10 days really change how you
feel about yourself & your life?



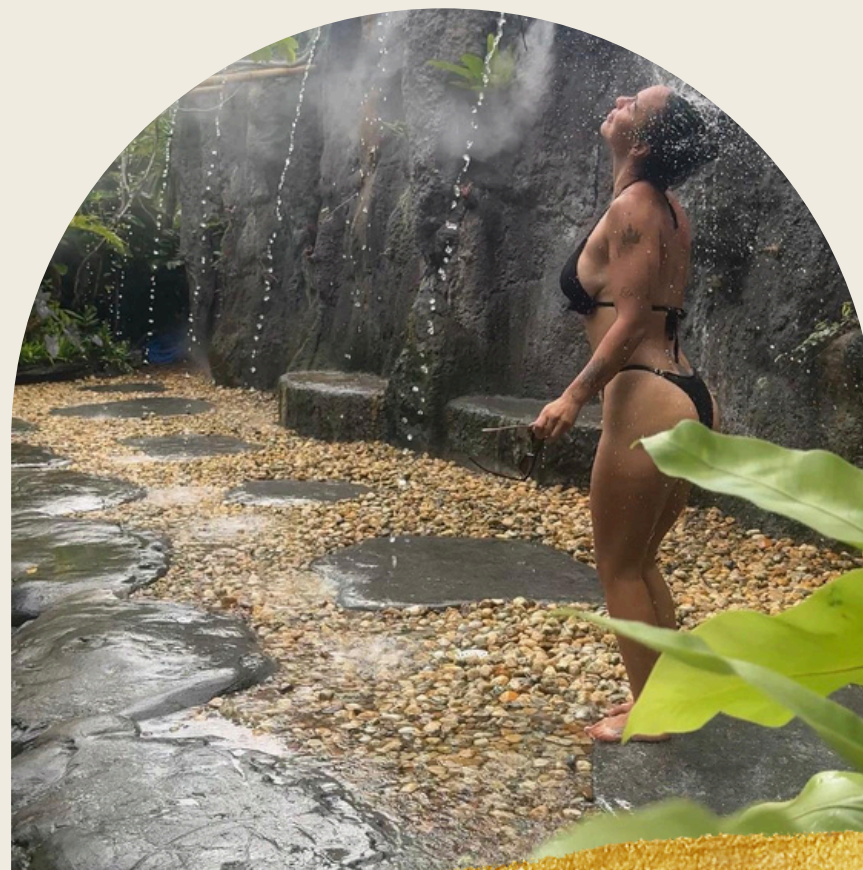
*Space to reset, reconnect
& return to yourself....*

We can't wait to meet you...

📷 lunar_retreats_thailand

☎️ +66942868938

www.lunarphuketretreats.com



Your all inclusive retreat

Prices starting from €3,900

Luxury accomodation

Private double ensuite bedroom quarters in villa with onsite pool, sauna & ice bath.

Nourishment

Daily stocked fridge full of Juices, wellness shots & water along with macro counted individually tailored meals.

Fitness & Wellness activities

Pilates, Hilltop yoga & sound healing, mobility, journalling & goal setting, 1-1 PT session, group fitness class, in home spa massage, hike, beach afternoon, group female led muay thai class & private pole dance session.

Signature experiences

Fully catered private catamaran island hopping day with photoshoot & cocktail service. Visit to ethical elephant sanctuary, 3 course sunset dinner at fira beach club. Private Thai cooking class.

Additional information

Each retreat experience can be tailored to you your groups preferences, allowing activities to be adjusted, added or removed to create your ideal experience.

*10% discount on all bookings made before the end of may & can be secured with a payment of £500 ppn



Is this retreat for me?

We invite you to join us only if you feel ready to open yourself to something new & step beyond your comfort zone...

This tier is intentionally limited to 6 women & will be led by 3 deeply connected hosts, Emily, Fiona & Yasmine to keep intimacy, depth & personalized intention throughout your time with us. we require all guests to join a short meet & greet prior to confirming their spot. Allowing us to personally conect before the retreat,

We cant't wait to meet you ❤️



Fitness Retreat


Are you ready to take 10 days to really change how you feel about yourself & your life?



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Your Fitness retreat

Prices starting from €2400

Hotel accomodation

Choose from a standard or premium hotel location on fitness street all equipped with pool, ice bath and spa areas to compliment your stay.

Nourishment

Breakfast, lunch and snacks provided by leading macro counted restaurant within walking distance. Where you can dine in or take away as you wish. All meals are tailored to your personal goals

Fitness & Wellness activities

Pilates, Hilltop yoga & sound healing, journaling & goal setting, 1-1 PT session, group fitness class, hike, group female led muay thai class & private pole dance session. Active recovery, spa & massage as well as downtime to yourself as you choose.

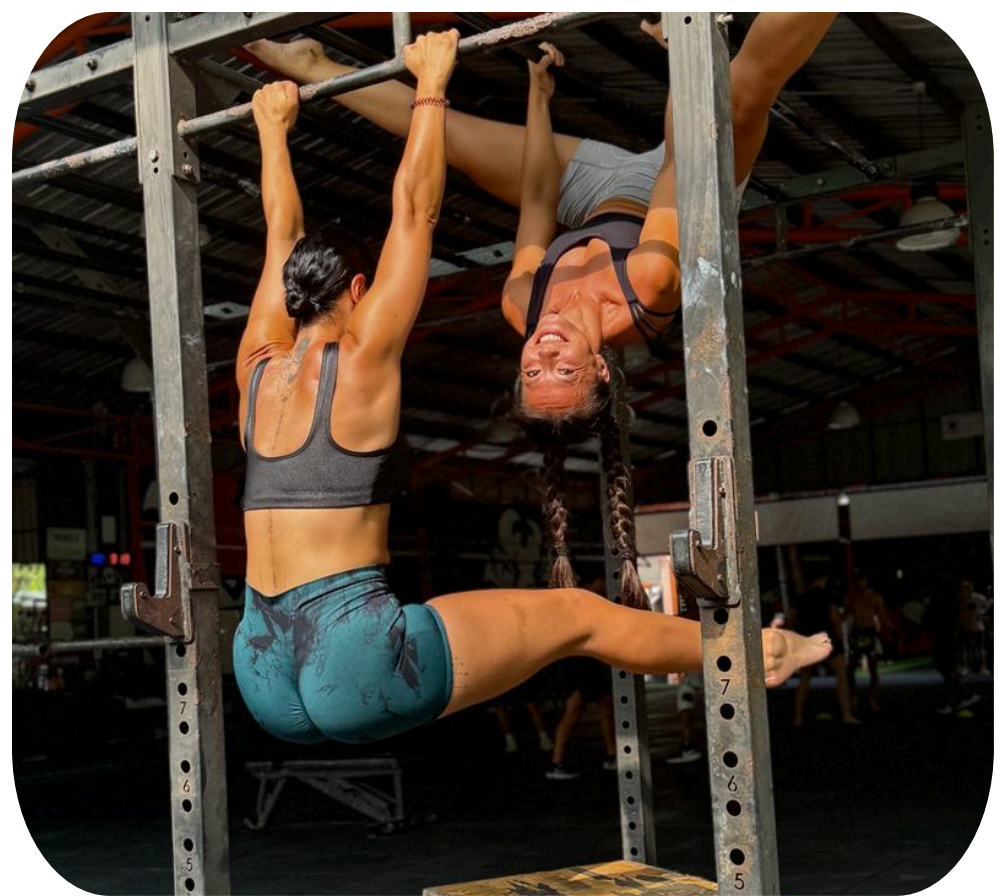
Signature experiences

Island hopping boat day with photoshoot, Visit to ethical elephant sanctuary, 3 course sunset dinner at Fira beach club.

Additional information

Each retreat experience can be tailored to you your individual preferences, allowing activities to be adjusted, added or removed to create your ideal experience.

*10% discount on all bookings made before the end of may & can be secured with a payment of £500 ppn



Is this retreat for me?

This tier is for the woman who wants to heal through movement. We invite you to fall in love with or follow your passion for all things fitness, connection & wellness.

This tier is intentionally limited to 10 women in order for you to individually get the time and attention you need.



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Lunar
RETREATS

Combat Retreat

Are you ready to take 10 days really change how you
feel about yourself & your life?



Your Combat retreat

Prices starting from €1800

On site camp or hotel accomodation

Choose from a room in the heart of the action, on site at our Muay Thai and martial arts camp, Phuket Fight Club. (Hotel accommodation available if preferred)

Nourishment

Breakfast, lunch and snacks provided by leading macro counted restaurant delivered fresh every morning. All meals are carefully selected to mirror your goals.

Fitness & Wellness activities

Full access to all classes at Phuket Fight Club where you will train alongside world class athletes. Inclusive of Muay thai, BJJ, MMA. Strength & conditioning & Glute strength classes. enjoy all classes at your leisure and follow a schedule at your own pace with no hassle. Additionally enjoy activities such as hot yoga, active recovery, spa & massage outside of the camp.

Signature experiences

island hopping boat day with photoshoot, Visit to ethical elephant sanctuary, 3 course sunset dinner at Fira beach club.



Is this retreat for me?

This tier is for the woman ready to build confidence, resilience and connection through combat fitness and challenging her physical limits.

To ensure a personalized and supportive experience this retreat is limited to 10 women who want to step into their power..

