

Lunar

RETREATS

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

Your Retreat

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

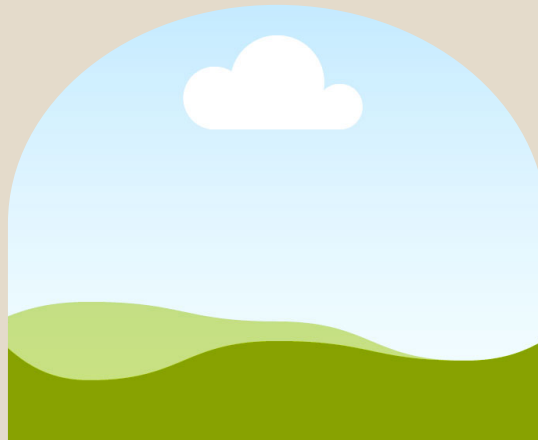


Welcome to Lunar

Lunar is a woman's retreat designed to help you step out of your comfort zone, reconnect with yourself & experience the best of Phuket.

Whether you're looking to build confidence through combat sports, focus on your fitness journey or simply take time for yourself,

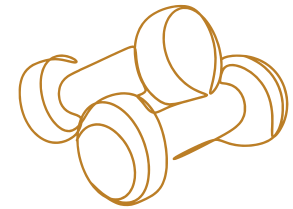
Lunar combines training, adventure, recovery & community into one unforgettable experience



Choose your experience



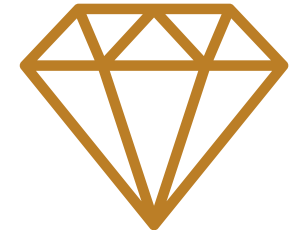
**Combat
Retreat**



**Fitness
Retreat**



**Tailred
Retreat**



**Private
Retreat**

*What
do you
love the
most?*

CHOOSE YOUR
TRAINING FOCUS



**COMBAT
RETREAT**

From £1,800

- ✓ Female Muay Thai
- ✓ Female MMA
- ✓ BJJ Fundamentals
- ✓ Fighter S&C
- ✓ Glute Strength Training
- ✓ Seminars with world champion female fighters



**FITNESS
RETREAT**

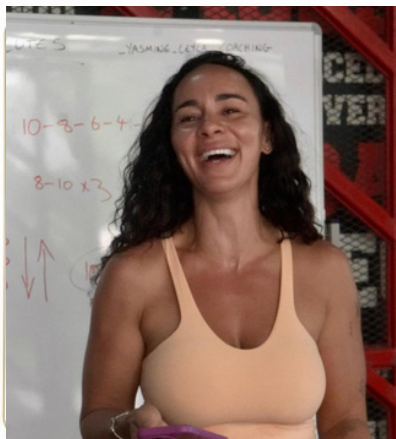
From £2,400

- ✓ Strength Training
- ✓ Glute Training
- ✓ Functional Fitness
- ✓ Running Sessions
- ✓ Yoga
- ✓ Pilates
- ✓ Mobility & Recovery
- ✓ Introductory Muay Thai Session



Both retreats include all Lunar experiences, adventures, recovery sessions and community activities.

MEET YOUR COACHES



YASMINE

STRENGTH & NUTRITION COACH

Strength coach and nutritionist with years of experience in Muay Thai. Passionate about performance and nutrition, helping women build healthy habits and confidence.



STRENGTH



NUTRITION



CONFIDENCE



FIONA

MOVEMENT & DANCE COACH

Movement specialist with a focus on dance, mobility and body awareness. Fiona helps women reconnect with their bodies, build confidence and move with greater freedom and self-expression.



DANCE



MOBILITY



EMPOWERMENT



EMILY

YOGA & MUAY THAI COACH

Yoga teacher and Muay Thai competitor with a passion for strength, mindset and helping you become the strongest version of yourself.



YOGA



MUAY THAI



MINDSET

Stronger Together. Inside & Out.

))) L U N A R

The coaches...

What makes Lunar different?



FEMALE-LED COACHING

Expert coaching in a safe, supportive environment.



PHUKET'S BEST TRAINING FACILITIES

Train in world-class gyms surrounded by paradise.



SMALL GROUP EXPERIENCE

Intimate groups to ensure personalised attention.



WELLNESS & RECOVERY

Because recovery is where the magic happens.



ADVENTURE & EXPLORATION

Unforgettable experiences you'll talk about forever.



LIFELONG FRIENDSHIPS

Connect with incredible women from around the world.



NUTRITION SUPPORT

Delicious, nourishing meals tailored to your goals.



SUITABLE FOR BEGINNERS

All levels welcome. Come as you are.



CHALLENGE YOURSELF

Step outside your comfort zone and grow.

A DAY AT LUNAR



No two days at Lunar look exactly the same, but this is an example of what a typical day could look like.

7:00am



SUNRISE BEACH YOGA

Start the day with movement, mindfulness and a beautiful Phuket sunrise.

8:30am



BREAKFAST

Nutritious meals tailored to fuel your day.

10:00am



TRAINING SESSION

Combat, fitness or strength training depending on your chosen retreat.

1:00pm



LUNCH, RELAXATION & FREE TIME

Refuel, relax by the pool, sunbathe, grab a coffee or simply enjoy some downtime before the afternoon's activities.

3:00pm



ADVENTURE / RECOVERY / EXPERIENCE

This could be:

- Ethical Elephant Sanctuary
- Island Hopping Boat Day
- Thai Cooking Class
- Pole Dance Session
- Spa Afternoon & Massage
- Recovery & Wellness Workshops

6:00pm



SUNSET DINNER

Amazing food, great company and unforgettable views.

8:00pm



FREE TIME / NIGHT MARKET / MASSAGE

Explore Phuket, visit the local night markets, enjoy a massage or spend the evening however you choose.



CHOOSE COMBAT

Choose our Combat Retreat for a focus on Muay Thai, MMA and martial arts.



CHOOSE FITNESS

Choose our Fitness Retreat for strength, fitness and wellbeing.



TAILORED FOR YOU

Or let us tailor your own personal experience to what you prefer.

YOU CHOOSE YOUR EXPERIENCE.

How would you like to spend your day...?

*The cool
stuff...*

ADVENTURES & EXPERIENCES



ELEPHANT
SANCTUARY



PRIVATE
BOAT DAY



BLACK ROCK
HIKE



FIGHT NIGHT
EXPERIENCE



SUNSET BEACH
CLUB DINNER



GROUP EXCURSIONS
& SOCIAL EVENTS



*Unforgettable moments.
Lifelong memories.*





ACCOMMODATION

REST, RELAX AND RECHARGE.



Choose your accommodation
according to your budget and select from
STANDARD, PREMIUM, OR LUXURY.



STANDARD ACCOMMODATION

Comfortable private room
within our retreat
accommodation.



PREMIUM UPGRADE

Enhanced rooms with
additional comfort
and amenities.



LUXURY RETREAT OPTIONS

Luxury villas and bespoke
accommodation options
available.



All accommodation options are carefully selected
to provide comfort, relaxation and an amazing experience.



L U N A R



*Rest,
recover
&
recharge*



INVEST IN YOURSELF



PRICING OPTIONS



COMBAT RETREAT

FROM
£1,800



FITNESS RETREAT

FROM
£2,400



TAILORED RETREAT

INVESTMENT
ON REQUEST



PRIVATE RETREAT

INVESTMENT
ON REQUEST



FLEXIBLE PAYMENT PLANS AVAILABLE

£300 DEPOSIT TO SECURE YOUR SPOT.

Spread the remaining balance with flexible payment options up until the date of the retreat that you choose.



You can be scared and still come.

BESPOKE OPTIONS



TAILORED RETREAT

Build your own Lunar experience. Choose from combat, fitness, wellness, recovery and adventure activities to create a retreat that suits your goals, interests and schedule.

Investment available on request.



PRIVATE RETREAT

A fully personalised Lunar experience with private accommodation, bespoke itinerary options and additional support tailored to your goals.

Perfect for solo travellers, friends traveling together or private groups.

Investment available on request.



Your retreat, your way.

***Your retreat,
your way...***

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READY TO JOIN US?

— ♦ —

Step outside your comfort zone.
Create unforgettable memories.
Become your strongest, most
confident self.

*We can't wait
to meet you.*



www.lunarphuketretreats.com



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