

# 🌙✨ Lunar Retreats for Women ✨🌙

Hey girl! Thank you for reaching out, we're excited to welcome you to Lunar!

Lunar Retreats are immersive, women only experiences designed to challenge, elevate, and restore you physically, mentally, and emotionally in one of the most powerful training destinations in the world, Thailand 🇹🇭

## What's included as standard in *every* retreat

🏠 Accommodation

🍴 Fully catered meals

🏋️♀️ Training and recovery

🚗 All local transport including airport transfers and travel to all training, wellness, and experience locations

All meals are balanced, macro and calorie counted, and personally tailored to your individual goals, preferences, and dietary needs to support performance, recovery, and overall wellbeing.

We offer three retreat tiers, each crafted for a different kind of transformation ✨

## 🌙🥊 Combat Tier

For women who want to train at the source, surrounded by greatness

This is a fully immersive, fight focused experience hosted at the world renowned Phuket Fight Club, training at the home of Muay Thai in Phuket. You will train alongside world class ONE Championship athletes, traditional Thai fighters, and an international fight community, with sessions suitable for beginners, intermediate, and advanced levels.

Beyond the gym, this experience includes

🌄 Guided hikes

🏖️ Beach workouts

🏋️♀️ Active recovery sessions

🚤 An island boat trip

🐘 Optional visit to an elephant sanctuary

🐕 Optional visit to a dog sanctuary

On site recovery facilities include a pool, ice baths, and sauna, allowing you to train hard while recovering properly. There is also the option to upgrade to a luxury yacht charter with a professional photoshoot on the final day 📷🚤

💰 Starting from £1,600

👥 Limited to 10 participants

## 🏋️ Fitness Tier

For women who want elite training, high energy, and balance

The Fitness Tier takes place on the iconic Fitness Street, Soi Ta ied, home to some of the world's best coaches, gyms, and athletes. Training takes place with guidance from elite facilities such as Unit 27, Tiger Muay Thai, and Superfit, alongside professional athletes from CrossFit, HYROX, combat sports, and high performance fitness.

This tier combines

🔥 Strength and conditioning

🌟 Body composition focused training

🧘♀️ Wellness including Pilates, yoga, massage, somatic work, and active recovery

You will also enjoy

🌄 Guided hikes

🏖️ Beach workouts

🚤 An island boat trip

🐘 Optional elephant sanctuary visit

🐕 Optional dog sanctuary visit

🚤 Optional luxury yacht charter with a professional photoshoot on the final day

💰 Starting from £2,500

👥 Limited to 10 participants

👯 Buddy up option available at a discounted rate when sharing with a friend

## 🌙❤️ Private Tier

For women who want the ultimate, fully taken care of experience

The Private Tier is our most exclusive and luxurious offering. A true all inclusive retreat where every single detail is covered, allowing you to completely switch off and be fully supported from start to finish.

🌟 Everything is included

🏡 Luxury private villa with en suite bedrooms

🚗 On site private driver available throughout your stay

🍴 All meals covered including three course beach club dinners and dining outside the standard meal plan

👨‍🍳 Private chef on selected days

🥤 Fully stocked fridge refreshed daily with juices and healthy snacks

This experience includes

🌄 Guided hikes

📝 Private in villa workshops including journaling and goal setting

🛥 Private yacht charter with a professional photoshoot

🎬 Outdoor movie night with a projector

🧘‍♀️ Mindful movement and gentle training

This tier is about slowing down, regulating your nervous system, gaining clarity, and reconnecting. Less intensity, more depth. Less pushing, more presence.

💰 Starting from £3,900

👥 Limited to 6 participants

👯 Buddy up option available at a discounted rate

## • 🌟🌙 Early Booking Bonus

Secure your place NOW with a deposit of £500 by the end of January and receive 10 percent off of your retreat ❤️