Lunar

RETREATS

From
£1,800

Combat Fitness Retreat

30 JANUARY – 8 FEBRUARY 2027

Phuket, Thailand

Your feminine reset.

For the woman who gives everything to everyone else. Ten days to put yourself first, feel strong in your body again and come home to who you really are.



DM “LUNAR” TO BOOK

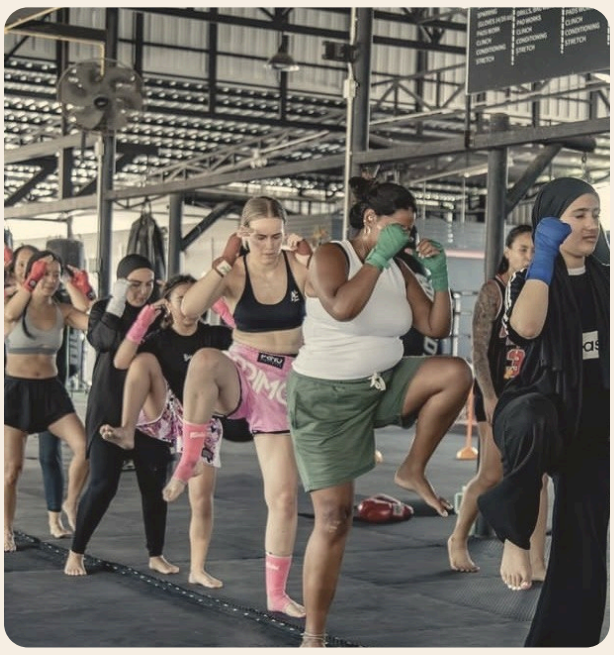
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ten days of

WHAT TO EXPECT

- **Muay Thai training** with experienced fight coaches
- **Glute & strength classes** to build a strong, powerful body
- **Beach yoga** and pampering **spa days**
- **Morning walks** with the girls, coaches and the dogs
- **Girly dinners**, coffee dates and **fight nights**
- **Real sisterhood** — come solo, leave with friends

All levels welcome. Women only.







PHUKET · 10 DAYS

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A day at Lunar

Sunrise	Coffee & morning walk or sunrise hike with the girls, coaches & dogs
Morning	Female-only glutes & strength class / ladies-only Muay Thai class
Afternoon	Ladies MMA / Pilates / spa afternoon / chill by the pool / beach afternoon / hiking
Sunset	Beach yoga / sunset dinner
Evening	Massages / sound healing / traditional Muay Thai fight night
Weekend	Beach club / island-hopping boat day / Phuket's most Instagrammable cafés

TRAIN · RECOVER · CONNECT

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FROM THE FOUNDER

A note from Yasmine

“

I built Lunar for the woman who’s always holding it together for everyone else — and forgot what it feels like to do something just for her.

Here you’ll train hard, laugh harder, eat well and sleep deeply, surrounded by women who get it. You’ll arrive tired. You’ll leave strong, glowing and a little bit in love with yourself again.

— YASMINE, FOUNDER & COACH



COME SOLO · LEAVE WITH FRIENDS

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FROM THE GIRLS

Kind words

“

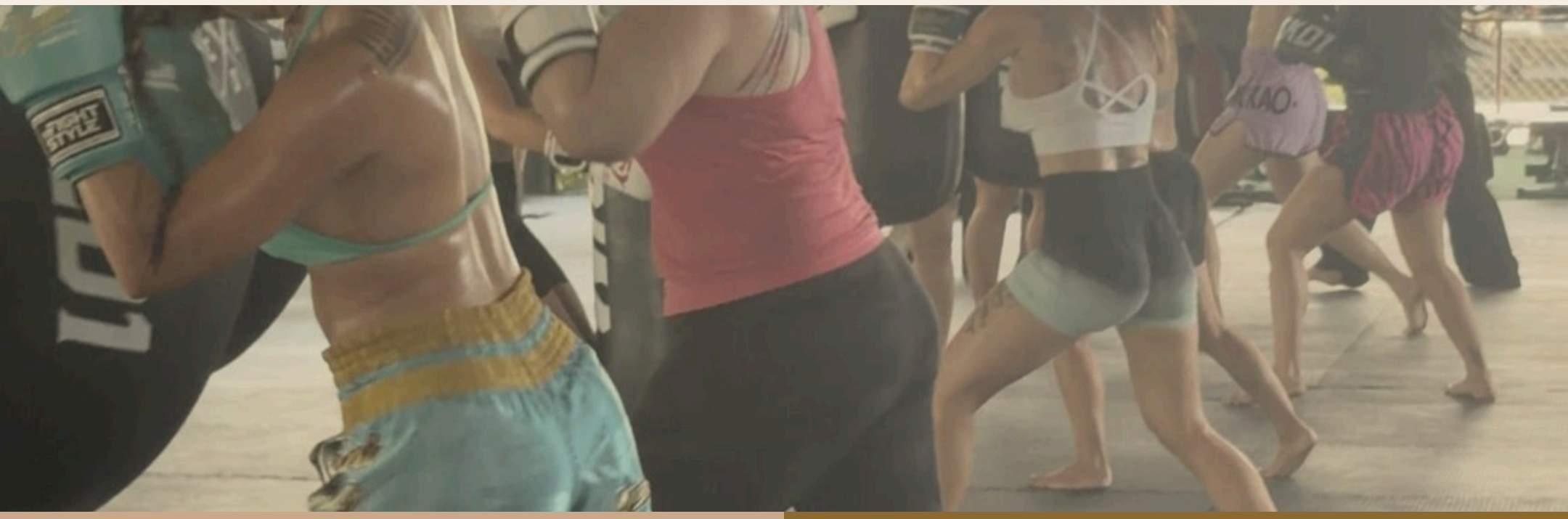
Training with Yasmine and Emily reminded me how strong I actually am. I left feeling like a completely new woman.

— NINA

“

I came purely for the fitness and stayed for the girls. It’s the best thing I’ve done for myself in years.

— JOANNE



STRONG · GLOWING · RESET

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JANUARY RETREAT OFFER

Bring your bestie

Book with a friend and you **both** get:

10% off your retreat

+ Yoga a private yoga session

+ 1:1 PT a personal training session

Coming solo? You still get 10% off.

30 January – 8 February 2027 · Phuket

TAG YOUR BESTIE ↓

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Your spot is waiting

UPCOMING DATES · 10 DAYS

30 **January** – 8 **February** 2027

13 – 22 **March** 2027

17 – 26 **April** 2027

Small group · **10 spots** per retreat

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WOMEN ONLY · PHUKET

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Choose your package

	Basic £1,400	Mid £1,600 ~~£1,780~~ · 10% off	Premium £1,800 ~~£2,000~~ · 10% off
Accommodation at Phuket Fight Club, 10 nights	✓	✓	✓
Prep'd breakfast and lunch, tailored to you	✓	✓	✓
Women's glutes, Muay Thai, MMA, upper body and mobility	✓	✓	✓
Training session at Unit 27	✓	✓	✓
Sunrise beach yoga	✓	✓	✓
Big Buddha temple hike	✓	✓	✓
Massage voucher	✓	✓	✓
Airport transfers, both ways	✓	✓	✓
Lunar t-shirt and Fight Club towel	✓	✓	✓
Pilates		✓	✓
Recovery spa day at Fira, with breakfast		✓	✓
Sound healing and breathwork		✓	✓
Muay Thai stadium fight night		✓	✓
Sunset steak dinner at Fira, with Prosecco			✓
Ethical elephant sanctuary			✓
Island-hopping boat day			✓

Every package includes accommodation. Want to upgrade your stay? Swipe →

Choose where you stay

On-site Stay at the gym, right where you train	On site	**Included**
Bronze Guesthouse room, close to the gym	5-min walk	**+£199**
Silver A step up, a short ride away	5-min Grab	**+£349**
Gold On the soi, choose your room	7-min Grab	**+£349 – £649**
Platinum 4-star resort with full facilities	Across the road	**+£899**
Tailored Tell us what you want and your budget	Your choice	**Ask us**

Your total, per person

Stay	Basic	Mid	Premium
On-site	£1,400	£1,600	£1,800
Bronze	£1,599	£1,799	£1,999
Silver	£1,749	£1,949	£2,149
Gold	£1,749 – £2,049	£1,949 – £2,249	£2,149 – £2,449
Platinum	£2,299	£2,499	£2,699

A £500 deposit secures your place · 10 spots per retreat

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