



Signature Retreats

Kamalaya Koh Samui, Thailand's first Wellness Sanctuary and Holistic Spa offers the perfect place for a retreat. Set in a stunning natural environment, which supports the healing within each person, Kamalaya's superb facilities are nestled amongst rocks, trees and nature, with breathtaking views of the sea and mountains. Kamalaya currently offers seven day retreats beginning on a Saturday each month in **Essential Detox** and **Yoga Synergy**.

Essential Detox

Kamalaya's Essential Detox Retreats are research-based and bring medical science and holistic therapies together. The outcome is a very safe and comprehensive detox experience with long lasting, effective results. Toxins are safely removed from the body with nutritional and herbal support to reduce side-effects. You will receive a Wellness Orientation and a complete program of daily therapies, detox meal plans, detox treatments such as Chi Nei Tsang (Taoist abdominal massage, Far infrared sauna, and colonic hydrotherapy, herbal remedies and supplements to ensure a safe and effective detox. Special classes and presentations facilitated by an experienced holistic health practitioner enhance the wider aspects of the detoxification experience and support your personal goals. These include:

- Cellular detoxification
- Personal goals and intentions
- Activities to support detoxification
- Nutrition and cooking tips
- Emotional cleansing and mental purification

Dates for 2007

May 5 – 12; June 2 – 9; July 7 – 14; August 4 – 11; September 1 – 8; September 29 – October 6; November 3 – 10; December 1 - 8

Yoga Synergy

Suitable for beginner level, Kamalaya's 7 day yoga synergy retreats give you an authentic introduction to all aspects of yoga - body, breath, mind and philosophy. Also included is a holistic spa treatment and inspired healthy cuisine to support your yoga practice and general wellbeing. By the end of the week you will have a firm understanding of yoga basics to develop a personal practice and begin your inner journey. Teachings are offered in the following:

- Physical Postures (Asana)
- Breath (Pranayama)
- Meditation
- Yoga & Daily Life

Dates for 2007:

May 19 – 26; June 16 – 23; July 21 – 28; August 18 – 25; September 15 – 22; October 13 – 20
November 17 – 24

For rates contact Jennifer@kamalaya.com.