



Epi Life Coach

Fitness Programs



Escape the stresses of everyday life with
Epi Life Coach & Partners Retreats



Epi Life Coach

5 DAYS FITNESS PACKAGE

Packages includes:

Daily Programs:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
- 1 x Arrival day welcome dinner
- 3 x Spa cuisine meals a day
- 1 x Power blast shake per day
- 3 x 30 min Far Infrared Sauna session
- 4 x 60 min Personalised fitness session
- 1 x 60 min Absolute Rejuvenation Massage
- 1 x 45 min Absolute Back, Neck & Shoulder Bliss
- 1 x 60 min Absolute Pressure point massage
- 1 x 60 min Foot Sanctuary
- 1 x 90 min Thai massage with herbal heat compress
- Unlimited Yoga class & group meditation sessions
- Unlimited access to Group Fitness Classes
- 1 x Group Pilates Reformer/Core Suspend class
- Final Fitness consultation with take home personalised workout program
- Pool, Steam Room & Fitness Studio Access
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Roundtrip Airport Transfers
- 6 nights accommodation



Epi Life Coach

5 DAYS FITNESS PRICE LIST

LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)	Single THB	Double THB
SANCTUARY SUPERIOR	80,800	128,800
SANCTUARY DELUXE	90,400	138,400
SANCTUARY SUITE	98,400	146,400
HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)	Single THB	Double THB
SANCTUARY SUPERIOR	88,000	136,000
SANCTUARY DELUXE	96,800	144,800
SANCTUARY SUITE	104,800	152,800
PEAK SEASON (27 DEC'16 - 7 JAN'17)	Single THB	Double THB
SANCTUARY SUPERIOR	100,400	152,800
SANCTUARY DELUXE	109,200	161,600
SANCTUARY SUITE	125,200	177,600

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht.
- All treatments are strictly non exchangeable
- Package inclusions subject to change without prior notice at resort's discretion.



Epi Life Coach

7 DAYS FITNESS PACKAGE

Packages includes:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
- 1 x Arrival day welcome dinner
- 3 x Spa cuisine meals a day
- 1 x Power blast shake per day
- 4 x 30 min Far Infrared Sauna sessions
- 6 x 60 min personalized fitness sessions
- 3 X 60 min Absolute Rejuvenation Massage
- 1 x 45 min Absolute Back, Neck & Shoulder Bliss
- 1 x 60 min Absolute Pressure point massage
- 1 x 60 min Foot Sanctuary
- 1 x 90 min Thai massage with herbal heat compress
- Unlimited Yoga class & group meditation sessions
- Unlimited access to Group Fitness Classes
- 1 x Group Pilates Reformer/Core Suspend class
- Final Fitness consultation with take home personalised workout program
- Pool, Steam Room & Fitness Studio Access
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Roundtrip Airport Transfers
- 8 nights accommodation



Epi Life Coach

7 DAYS FITNESS PRICE LIST

LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)	Single THB	Double THB
SANCTUARY SUPERIOR	80,800	128,800
SANCTUARY DELUXE	90,400	138,400
SANCTUARY SUITE	98,400	146,400
HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)	Single THB	Double THB
SANCTUARY SUPERIOR	88,000	136,000
SANCTUARY DELUXE	96,800	144,800
SANCTUARY SUITE	104,800	152,800
PEAK SEASON (27 DEC'16 - 7 JAN'17)	Single THB	Double THB
SANCTUARY SUPERIOR	100,400	152,800
SANCTUARY DELUXE	109,200	161,600
SANCTUARY SUITE	125,200	177,600

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht.
- All treatments are strictly non exchangeable
- Package inclusions subject to change without prior notice at resort's discretion.



Epi Life Coach

10 DAYS FITNESS PACKAGE

Packages includes:

- Initial Wellness Consultation with Bio Impedance Analysis
- Initial Fitness Assessment
- 1 x Arrival day welcome dinner
- 3 x Spa cuisine meals a day
- 1 x Power blast shake per day
- 6 x 30 min Far Infrared Sauna sessions
- 9 x 60 min personalized fitness sessions
- 3 x 60 min Absolute Rejuvenation Massage
- 1 x 45 min Absolute Back, Neck & Shoulder Bliss
- 1 x 60 min Absolute Pressure point massage
- 2 x 60 min Foot Sanctuary
- 2 x 90 min Thai massage with herbal heat compress
- 1 x 60 min Indian Head Massage
- Unlimited Yoga class & group meditation sessions
- Unlimited access to Group Fitness Classes
- 1 x Group Pilates Reformer/Core Suspend class
- Final Fitness consultation with take home personalised workout program
- Pool, Steam Room & Fitness Studio Access
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Roundtrip Airport Transfers
- 11 nights accommodation



Epi Life Coach

10 DAYS FITNESS PRICE LIST

LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)	Single THB	Double THB
SANCTUARY SUPERIOR	106,600	168,100
SANCTUARY DELUXE	119,800	181,300
SANCTUARY SUITE	130,800	192,300
HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)	Single THB	Double THB
SANCTUARY SUPERIOR	116,500	178,000
SANCTUARY DELUXE	128,600	190,100
SANCTUARY SUITE	139,600	201,100
PEAK SEASON (27 DEC'16 - 7 JAN'17)	Single THB	Double THB
SANCTUARY SUPERIOR	133,100	200,200
SANCTUARY DELUXE	145,200	212,300
SANCTUARY SUITE	167,200	234,300

Terms & Conditions:

- All prices are nett
- All packages are non-refundable & non-transferable
- All packages are to be settled in Thai Baht.
- All treatments are strictly non exchangeable
- Package inclusions subject to change without prior notice at resort's discretion.