



Epi Life Coach

Pilates Programs



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



Epi Life Coach

5 DAYS PILATES PACKAGE

Packages includes:

- 1 x Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival day Welcome Dinner
- 1 x 30 min Postural Analysis
- 3 x Spa Cuisine Meals a day
- 2 x Juices/Smoothies a day
- 1 x 30 min Exit Pilates Consultation
- 2 x Group Pilates Reformer Classes a day
- 1 x Private Pilates Reformer Class
- 1 x 60 min Absolute Rejuvenation Massage
- 1 x 60 min Absolute Thai Stretch
- 1 x 45 min Back, Neck and Shoulder Massage
- Unlimited access to Group Fitness Classes
- Pool, Steam Room & Fitness Studio Access
- Roundtrip Airport Transfer
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- 6 nights accommodation



Epi Life Coach

5 DAYS PILATES PRICE LIST

LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)	Single THB	Double THB
SANCTUARY SUPERIOR	63,600	102,600
SANCTUARY DELUXE	70,800	109,800
SANCTUARY SUITE	76,800	115,800
HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)	Single THB	Double THB
SANCTUARY SUPERIOR	69,000	108,000
SANCTUARY DELUXE	75,600	114,600
SANCTUARY SUITE	81,600	120,600
PEAK SEASON (27 DEC'16 - 7 JAN'17)	Single THB	Double THB
SANCTUARY SUPERIOR	78,600	121,200
SANCTUARY DELUXE	85,200	127,800
SANCTUARY SUITE	97,200	139,800

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.



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7 DAYS PILATES PACKAGE

Packages includes:

- 1 x Initial Wellness Consultation with Bio Impedance Analysis
- 1 x Arrival day Welcome Dinner
- 1 x 30 min Postural Analysis
- 3 x Spa Cuisine Meals a day
- 2 x Juices/Smoothies a day
- 1 x 30 min Exit Pilates Consultation
- 2 x Group Pilates Reformer Classes a day
- 2 x Private Pilates Reformer Classes
- 2 x 60 min Absolute Rejuvenation Massage
- 2 x 60 min Absolute Thai Stretch
- 1 x 45 min Back, Neck and Shoulder Massage
- Unlimited access to Group Fitness Classes
- 1 x 30 min Exit Pilates Consultation
- Pool, Steam Room, Fitness Studio Access
- Roundtrip Airport Transfer
- Additional 10% discount on all Detox & Spa Ala Carte Treatments & Yoga, Pilates classes
- 8 nights accommodation



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7 DAYS PILATES PRICE LIST

LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)	Single THB	Double THB
SANCTUARY SUPERIOR	83,800	134,800
SANCTUARY DELUXE	93,400	144,400
SANCTUARY SUITE	101,400	152,400
HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)	Single THB	Double THB
SANCTUARY SUPERIOR	91,000	142,000
SANCTUARY DELUXE	99,800	150,800
SANCTUARY SUITE	107,800	158,800
PEAK SEASON (27 DEC'16 - 7 JAN'17)	Single THB	Double THB
SANCTUARY SUPERIOR	103,700	159,400
SANCTUARY DELUXE	112,500	168,200
SANCTUARY SUITE	128,500	184,200

Terms & Conditions:

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