



Epi Life Coach

# Yoga Holiday Programs



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



Epi Life Coach

## **5 DAYS YOGA PACKAGE**

### **Packages includes:**

#### **Daily Programs:**

- Initial Wellness consultant with Bio Impedance Analysis
- Unlimited Yoga class & group meditation sessions
- 3 x Spa Cuisine meals per day
- 1 x 90 min Absolute Thai Stretch Massage or 1 x 60 min Absolute Aroma Retreat Massage per day
- 2 x Fresh Juices & Smoothies per day
- 1 x Group Pilates reformer/core suspend class
- Unlimited access to Group Fitness Classes
- Pool, Steam Room & Fitness Studio Access
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Roundtrip Airport Transfers
- 5 nights accommodation

#### **Free Bonus:**

- 1 x Colon Hydrotherapy Treatment
- 1 x Private yoga Class



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## 5 DAYS YOGA PRICE LIST

<b>LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	53,500	86,500
SANCTUARY DELUXE	59,500	92,500
SANCTUARY SUITE	64,500	97,500
<b>HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	58,000	91,000
SANCTUARY DELUXE	63,500	96,500
SANCTUARY SUITE	68,500	101,500
<b>PEAK SEASON ( 27 DEC'16 - 7 JAN'17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	66,050	102,100
SANCTUARY DELUXE	71,550	107,600
SANCTUARY SUITE	81,550	117,600

**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
- Bonus voucher only applicable for Ala carte spa treatments
- Package inclusions subject to change without prior notice at resort's discretion.



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## **7 DAYS YOGA PACKAGE**

### **Package includes:**

#### Daily Programs:

Initial Wellness consultant with Bio Impedance Analysis

Unlimited Yoga class & group meditation sessions

3 x Spa Cuisine meals per day

1 x 90 min Absolute Thai Stretch Massage or 1 x 60 min Absolute Aroma  
Retreat Massage per day

2 x Fresh Juices & Smoothies per day

1 x Group Pilates reformer/core suspend class

Unlimited access to Group Fitness Classes

Pool, Steam Room & Fitness Studio Access

10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes

Roundtrip Airport Transfers

7 nights accommodation

### **Free Bonus:**

2 x Private yoga Class

1 Colon Hydrotherapy treatment



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## 7 DAYS YOGA PRICE LIST

<b>LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	69,700	110,700
SANCTUARY DELUXE	78,100	119,100
SANCTUARY SUITE	85,100	126,100
<b>HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	76,000	117,000
SANCTUARY DELUXE	83,700	124,700
SANCTUARY SUITE	90,700	131,700
<b>PEAK SEASON ( 27 DEC'16 - 7 JAN'17)</b>	<b>Single THB</b>	<b>Double THB</b>
SANCTUARY SUPERIOR	86,750	131,500
SANCTUARY DELUXE	94,450	139,200
SANCTUARY SUITE	108,450	153,200

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- All treatments are strictly non exchangeable
- Bonus voucher only applicable for Ala carte spa treatments
- Package inclusions subject to change without prior notice at resort's discretion



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## **10 DAYS YOGA PACKAGE**

### **Package includes:**

#### Daily Programs:

- Initial Wellness consultant with Bio Impedance Analysis
- Unlimited Yoga class & group meditation sessions
- 3 x Spa Cuisine meals per day
- 1 x 90 min Absolute Thai Stretch Massage or 1 x 60 min Absolute Aroma Retreat Massage per day
- 2 x Fresh Juices & Smoothies per day
- 1 x Group Pilates reformer/core suspend class
- Unlimited access to Group Fitness Classes
- Pool, Steam Room & Fitness Studio Access
- 10% Discount on all Spa, Detox, Ala carte treatments & Yoga, Pilates classes
- Roundtrip Airport Transfers
- 10 nights accommodation

#### **Free Bonus:**

- 2 x Private yoga Class
- 1 Colon Hydrotherapy Treatment



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## 10 DAYS YOGA PRICE LIST

LOW SEASON (1 NOV- 26 DEC'16, 1 MAY - 31 JULY'17, 1-31 OCT' 17)	Single THB	Double THB
SANCTUARY SUPERIOR	90,500	140,000
SANCTUARY DELUXE	102,500	152,000
SANCTUARY SUITE	112,500	162,000
HIGH SEASON (8 JAN - 30 APR'17, 1 AUG - 30 SEP '17)	Single THB	Double THB
SANCTUARY SUPERIOR	99,500	149,000
SANCTUARY DELUXE	110,500	160,000
SANCTUARY SUITE	120,500	170,000
PEAK SEASON ( 27 DEC'16 - 7 JAN'17)	Single THB	Double THB
SANCTUARY SUPERIOR	113,950	167,900
SANCTUARY DELUXE	124,950	178,900
SANCTUARY SUITE	144,950	198,900

**Terms & Conditions:**

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- All packages are to be settled in Thai Baht.
- All treatments are strictly non exchangeable
- Bonus voucher only applicable for Ala carte spa treatments
- Package inclusions subject to change without prior notice at resort's discretion.