

WELLNESS ESCAPES COLLECTION · THAILAND

Samahita Retreat

Laem Sor, southern Koh Samui — Gulf of Thailand

A dedicated yoga, breathwork and fitness centre on Samui's quiet southern shore, running since 2003 under yogi and researcher Paul Dallaghan. Everything is one all-inclusive rate — programme, room, and all meals — with up to four hours of guided practice a day.

GETTING THERE

18 km from USM

Samui International Airport.
Direct flights from
Singapore.

PROGRAMME LENGTH

From 3 nights

Total Self-Care runs 3, 5, 7 or
10 days. Yoga & Fitness is
one rate, any date.

RATE BASIS

All inclusive

Programme, accommodation
and all buffet meals in a
single rate.

Programmes SHORT-STAY SELECTION

YogaCoreCycle

The signature programme — one rate, any date, all year

Yoga & Fitness

Build your own schedule from the daily class timetable

Total Self-Care

3, 5, 7 or 10 days — therapies pre-booked at a bundled rate

Brain Health

Biofeedback meditation, light therapy and brainwave modulation

Fixed-date retreats. Samahita also hosts visiting international teachers through the year on set dates, typically running a week. We can check the calendar against your travel dates.

Please note. Three days is the minimum for Total Self-Care, and the resort recommends seven to ten for full effect. A no-arrivals period applies in early December — we will confirm when quoting.

Board basis & rates QUOTED ON REQUEST

Samahita is genuinely **all inclusive**: your programme, room and every buffet meal sit in one rate. Complimentary coffee and tea from 6:45am, brunch buffet through the morning and dinner buffet in the evening, with vegan and raw options, fresh juice and homemade nut and grain milks.

Rates. Priced by room category and programme rather than by a fixed tariff. Short all-inclusive stays have been listed from around US\$460, and room-inclusive nightly rates from roughly US\$200. A three- to four-night stay therefore sits comfortably within a **\$500 to \$1,100 per person** budget before flights. Victory Travel will confirm current rates and one all-inclusive price in writing.

WHAT WE NEED TO QUOTE YOU

- Travel dates and number of nights
- Number of guests, and single, double or twin share
- Room type — garden room, loft twin or beachfront villa
- Programme, and whether you want Total Self-Care therapies

What is included & excluded

PROGRAMME SCOPE

INCLUDED ■ Accommodation throughout the stay ■ All buffet meals, juices and homemade milks ■ Full daily class schedule — yoga, breath, meditation, fitness ■ Float therapy and infrared sauna sessions ■ Total Self-Care therapies where booked — massage, facials and scrubs ■ Pools, steam room, cold plunge, paddleboards and kayaks	EXCLUDED ■ International flights ■ Airport transfers ■ Cooking classes ■ Treatments beyond your booked package ■ Alcoholic beverages ■ Travel insurance, gratuities and personal expenses Victory Travel can arrange flights, transfers and travel insurance as part of a single package.
---	--

Practices & therapies

ON THE DAILY SCHEDULE

Hatha & vinyasa yoga	Restorative yoga	Pranayama breathwork	Meditation	Indoor cycling	Core & HIIT	Tabata
Strength training	Beach & pool workouts	Massage & bodywork	Facials & scrubs	Float therapy		
Near-infrared & full-spectrum sauna	Cold plunge					

Samahita is the only facility in Asia offering pure near-infrared sauna therapy alongside full-spectrum infrared.

A day at Samahita

TYPICAL RHYTHM

01	Morning yoga, breathwork and meditation from around 7:30am	03	Afternoon fitness, then a restorative class around 4:30pm
02	Brunch buffet through the late morning	04	Dinner buffet, with guided evening meditation on selected days

Yoga teacher training

A SEPARATE COMMITMENT

Samahita's Centered Yoga school has run teacher training since 1999, with more than 55 courses and over 1,400 graduates. These are residential intensives rather than short retreats: the 200-hour certification runs a full month, and advanced 300, 500 and 1,100-hour courses run as two-week, 100-hour modules. Application and approval are required before booking.

The retreat

FACILITIES & ACCOMMODATION

■ Beachfront yoga shalas ■ Two saltwater pools and a children's pool ■ Sea-view fitness centre ■ Herbal steam room and infrared sauna suite ■ Spa, float tank and beachfront lounge ■ Up to four hours of guided practice daily; classes optional	ACCOMMODATION — 40 ROOMS ■ Garden-view rooms, single or double ■ Loft-style twin rooms for sharing ■ Beachfront villas, single or double occupancy
--	--

Ready to plan your escape? **Speak with your Victory Travel consultant.**

We package your programme, flights, transfers and insurance under one confirmed quotation — for individual travellers, groups of friends and company wellness days.

