



CHAI TALAY
RETREATS

5 Star Fitness Retreat
Chai Talay Estate, Koh Samui, Thailand

5 Star Fitness Retreat at Chai Talay Estate



UPCOMING RETREATS

DATES

November
March

THEME

Recharge & Reboot
Transformational Retreat

Chai Talay Retreats and Elite Personal Training bring you the ultimate 5 Star Fitness Retreat. This 4 day / 3 night retreat takes place at the luxurious Chai Talay Estate on the white sandy shores of Lipa Noi beach, Koh Samui.

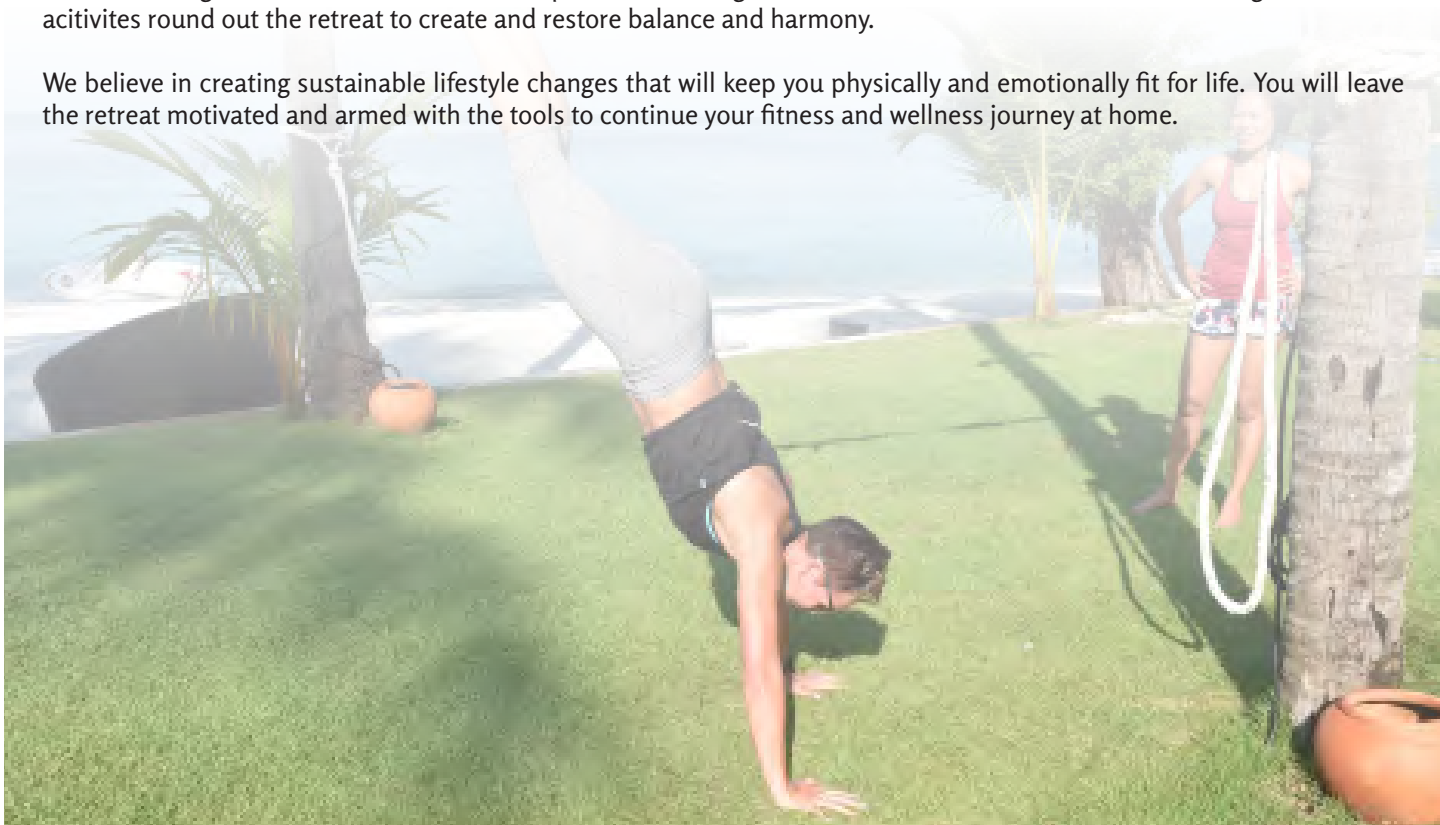
Our world-class fitness, wellness and nutrition experts will lead you through a results-driven program of physical and mental training sessions, classes and workshops. Nutritious organic cuisine, mindfulness sessions and relaxing recreational activities round out the retreat to create and restore balance and harmony.

We believe in creating sustainable lifestyle changes that will keep you physically and emotionally fit for life. You will leave the retreat motivated and armed with the tools to continue your fitness and wellness journey at home.



My home away from home! The perfect mix of exercise, mindfulness, refuelling and rest. I always leave the retreat feeling inspired, motivated and recharged.

Chrissy Denton (6 time returnee)



Luxury accommodation in idyllic surroundings



The 5 Star Fitness retreat takes place at the award winning Chai Talay Estate, an exquisite, privately owned estate comprising 3 luxury villas situated on 100 metres of breathtaking beachfront. Sitting amidst lush tropical gardens the Estate has an iconic view of the outlying islands.

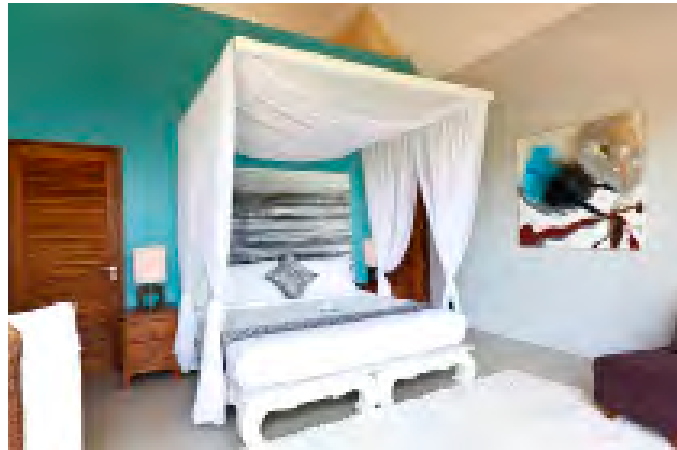
The 3 villas - Baan Kilee, Baan Puri, and Baan Ora Chon - have flexible configurations across 17 en-suite rooms, sleeping up to 40 and lending themselves perfectly to retreats booked for groups, couples or single guests.

For pictures and more detail on the accommodation, visit www.chaitalay.com.



OUTSTANDING FACILITIES

Chai Talay Estate houses three pools, massage decks, an exercise room, indoor & outdoor cinemas and high speed wi-fi.



PREMIUM ROOMS

All villas are equipped with everything you might need from premium toiletries, pool towels and dressing gowns to movies, books and music to ensure all downtime needs are covered.



OUTDOOR SPACES

Exercise classes make full use of the stunning outdoor grounds with classes planned on the expansive lawn, garden & grounds or on the white sand beachfront with morning/evening classes designed to make the most of Samui's stunning sunrises and sunsets.



REST & RELAXATION THAT'S OUT OF THIS WORLD

We understand the importance of rest time during the retreat and have a host of indoor and outdoor rest, relaxation and chillout facilities.

Get out of the gym and into the outdoors



Sun, sand and fresh ocean breezes...

The 5 Star Fitness Retreat is a healthy getaway with a functional, dynamic, full-body approach to health and fitness. During the programme, you'll set your individual goals, have regular check-ins, enjoy 40+ hours of health and fitness related activities and workshops, and have access to a range of recreational facilities.

- 4 hours of boxing or boxfit
 - 6 hours of beach bootcamp
 - 2 hours H.I.I.T or TABATA
 - 6 hours of yoga, stretch workshops, pilates
 - 5 hours of TRX, aerobic, strength & core training
 - 5 hours island kayaking, biking, paddle boarding (self-led)
 - 3 hours of aquafit
 - 2 hours of adventure racing and Survivors Challenge
 - 2 hours of health focused workshop
- Kayaks & stand up paddle boards
 - Bikes
 - Volleyball
 - Water polo
 - Croquet & Boules
 - Movie library (in-room / indoor & outdoor cinema)
 - Table tennis
 - Board Games (Backgammon, Chess and more)



TRAINING IN NATURE

We take full advantage of Lipa Noi's beautiful, natural surroundings. With beach yoga, bootcamp sessions, runs, and bike rides through the local villages, you'll have ample opportunity to observe local fishing, buffalos grazing, and mingle with the charming locals.

DAILY TRIGGER POINT SESSIONS

Daily trigger point therapy seeks to locate and eliminate trigger points, which are tiny painful knots in the body. This allows you to exercise to your maximum and enjoy an injury free retreat.

INDIVIDUAL & GROUP TRAINING

The retreat is made up of a range of individual sessions and group training. We recognise that different participants get different benefit from different training methods and so incorporate both.

World-class gymnasium



Our new world-class gym sits in the middle of a one-acre landscaped tropical playground designed to host all forms of exercise classes and adventure pursuits.

From yoga and meditation to bootcamp and TRX, the gym and its grounds boast unlimited and diverse uses, making them a large part of everyday life at the retreat.

This new dedicated site sits conveniently within the extended grounds of the Chai Talay Estate and its 3 villas.



INDOOR AIR-CONDITIONED GYM

This 180m² section of the gym is equipped with cardiovascular and sectorized strength training equipment, racks of dumbbells and ample floor space - ideal for individual training and small group work.



UNDERCOVER GYM

This 220m² section of the gym boasts an Escape Rack with four squatting stations, Torque Monkey Bar Rack, Impulse Power Racks, Weight Plate Racks with Bumper Plates up to 20kg, vert balls, swiss balls, battle ropes, and much more.



GYM TERRACES AND LAWNS

The indoor covered area extends to the surrounding terraces and lawns, to allow for large group functional training and bootcamps. We can accommodate groups of up to 50 with ease.

Holistic Stream

Rupert Jackson, our mindfulness practitioner, will lead the newly launched Holistic Stream that offers the following:

- Two sessions of guided T.R.E (max 3 people per session)
- Two small group sessions of restorative yoga 1:1
- Debrief sessions with Rupert after each TRE session in order to build a post-retreat plan
- Access to further 1:1 sessions as required, bookable on site (those on the Holistic Stream will have priority access)

USD 600 - HKD 4700

STRESS MANAGEMENT & MINDFULNESS | RUPERT JACKSON

TRE practice allows one to be brought back to a place of balance, both physically and emotionally, encouraging a deeper awareness of habitual patterns. The sessions reactivate the body's built-in tremoring mechanism, which releases stress, anxiety and tension. By calming the nervous system, one feels a greater sense of inner peace leading to more restful sleep, clearer thinking, and deeper relaxation. As each session is individualised, it creates a safe and nurturing environment for those who partake.

***A minimum of 2 TRE sessions are required.*

USD 150 - HKD 1200 per group (max. 3 people)

Cost breakdown: USD 50 per person for a group of 3, USD 75 per person for 2 and USD 150 for a private session

NOTE: All participants are required to familiarise themselves with TRE and the potential for emotional release, considering the impact this may have on your participation in this retreat. TRE® is known as "Tension & Trauma Releasing Exercises" in the USA and "Total Release Experience" in Europe.



Body Transformation Stream

Chrissy Denton, our resident nutritionist and personal trainer, will lead the newly launched Body Transformation Stream.

She will work in conjunction with our resident and acclaimed personal trainer to deliver an appropriate programme, on an individualized or small group basis, that offers the following:

- *1 hour assessment and goal review (this will include a practical component and a Personal Plan will be developed)*
- *2 hours of 1:1 personal training and nutrition*
- *4 hours of small group exercise (max. 4 people, focused on your specific needs)*
- *1 hour Personal Plan delivery (practical delivery of your Personal Plan to take home)*

USD 600 - HKD 4700

For more information please email us at retreats@chaitalay.com



Sample itinerary



Retreats take many forms and can be as relaxed or as action-packed as you require.

ARRIVAL DAY

13.00 - 14.00	Lunch on arrival
15.00 - 16.00	Yoga OR Movement Bootcamp
16.15 - 17.00	Introduction to TRX : Upper & Lower Body
18.00 - 19.00	SMART Goal Workshop : goal setting sessions
19.00-21.00	Welcome dinner and Retreat Briefing
21.00 - 22.00	Practical Trigger Point Workshop

SAMPLE DAY

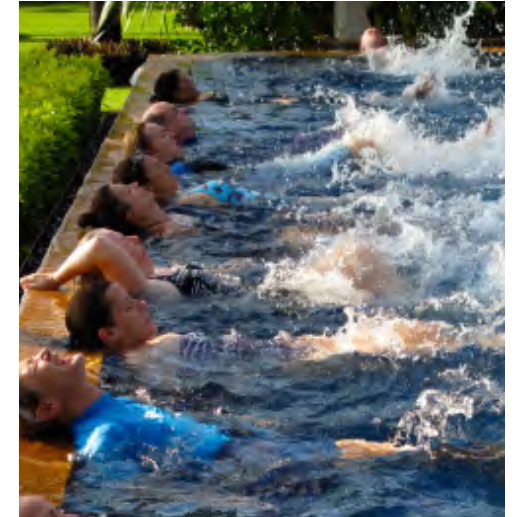
06.00 - 06.30	Juice and Fruit for early risers
06.00 - 07.00	YOGA foundation class (Beginners) OR Hatha/Vinyasa Yoga
07.00 - 07.30	Stretch
07.30 - 08.15	Guided Meditation OR Booty Class
08.00 - 09.15	Wellness Breakfast a la carte
10.00 - 11.00	Boxing OR Combat Cardio
11.30 - 12.15	Pilates
12.00 - 14.00	Lunch
15.15 - 16.00	TRX Upper Body
16.15 - 17.00	TRX Lower Body
17.15- 18.15	AquaFit OR Partner Bootcamp (H.I.I.T. circuits)
19.00-21.00	Canapes and Supper

FINAL DAY

06.00-06.30	Juice and Fruit for early risers
06.30 - 07.30	Yoga OR Guided Meditation
07.30 - 9.00	Breakfast, pack, pay bills, SMART goals review
10.00 - 11.00	Strongman Bootcamp
11.00 - 12.00	Boxing OR TRX Advanced Circuits



Group workouts



Individual training



Exceptional food & beverage



We are as passionate about the food we serve as the exercise we promote, and our in-house chefs specially designed menus prove this. We ensure we are preparing nutritious meals with ingredients sourced daily from local organic and hydroponic farms.

Included:

- Early riser breakfast and wellness breakfast buffet
- Lunch and dinner buffets
- High protein, healthy snacks throughout the day
- Fresh juice, herbal teas and fruit teas throughout the day
- Home-made kombucha, kefir, soy milk, and almond milk



SUMPTUOUS BUFFETS

We provide a buffet of fresh fruit, vegetables, juices, meats and cheeses, all from local organic farms. Our in house chefs also prepare home-made breads and yoghurts. We pride ourselves on the quality of our food.



KOMBUCHA, KEFIR & HEALTH DRINKS

We serve home-made kombucha and kefir, which have a host of health benefits and taste fabulous. Daily green juices are available as well as home-made soy and almond milks that are freshly made in-house.



AWARDS NIGHT SEAFOOD BBQ

We celebrate our successes on the final night with an awards night. This is a fun way to end the retreat and a great excuse to have an exquisite seafood BBQ.

Fine, organic food, sourced locally



Package & retreat pricing

The 5 Star Fitness Retreat runs from Friday lunch time to Monday lunch time. Most guests prefer to add the introductory and post extension days, lengthening their stay to 5 nights.

CORE PRICING

GROUP ROOMS : Based on 3-5 share	\$1,100 USD / person
DOUBLE / TWIN ROOMS: Based on 2 share	\$1,310 USD / person
SINGLE VILLA: Based on 1-2 share	\$2,050 USD / person

OPTIONAL EXTRAS

PRE-RETREAT INTRODUCTION DAY:	\$300 USD / person
POST-RETREAT EXTENSION DAY:	\$200 USD / person
UPGRADE TO BEACHFRONT ROOM:	\$150 USD / person
HOLISTIC PROGRAMME:	from \$600 USD / person

CORE PRICING INCLUDES

- 3 nights accommodation and 40+ hours of exercise and wellness classes, and workshops
- Food & beverage (excluding alcohol and premium drinks)
- Airport transfers for groups of 3 or more (supplement will apply for 1 - 2 people arriving/departing outside of group times)

PRICING DOES NOT INCLUDE

- Flights to and from Koh Samui
- Transfers to and from the airport in your country of residence
- Any additional food, beverages, and activities outside of the programme

Note: Forthcoming retreats are subject to price increases. This is confirmed at time of booking.



EXTEND YOUR STAY IN PARADISE

95% of our guests take advantage of the pre and post-retreat extension nights. The pre-retreat introduction day is a great warm-up for guests with regular training routines and the perfect refresher for those returning to exercise after a break or injury, or for newcomers to exercise. The post-retreat extension offers a fabulous final day of rest and relaxation before leaving the retreat.





TRAIN IN PARADISE

Restore, energise, and motivate your mind, body, and soul.

Optional one-on-one sessions



These can be purchased prior to or during the retreat.

1-ON-1 HOLISTIC TRAINING | NATE SOLIA

For those with recurring injuries, this may be the program for you. You will begin by learning which of your muscles are tight and weak, and from this, a 4-6-week Flexibility, Stability and Mobility program will be specifically devised for you. Nate will take you through Phase 1 of this specifically designed program designed to rebalance and strengthen your core. Participants from Hong Kong may have these initial sessions pre-retreat if required.

NOTE: A minimum of two sessions (max. 3 people per group) are required with one day in between. Slots are available each afternoon on a first-come, first-served basis. The final time slot will be given to you once our full retreat schedule has been finalised. These sessions may clash with workout sessions.

USD 100 - HKD 800



SUPER STRETCH | SANYA TUGWUN & BAO TUGWUN

1-on-1 stretch sessions ease your muscles after working out. Stretching is an art and when done well it can instantly release tension in your entire body, taking the pain away. These sessions will show you the variations on stretching from developmental to maintenance, when to stretch and which type should you perform before and after exercise.

USD 100 - HKD 800



MUAY THAI BOXING | KHUN EAT

As for what to expect from a Samui Muay Thai session, it's simple - a lot of sweat and a hard work out. Each training class is a mix of stretching, jogging, skipping, and pad work, as well as learning fighting techniques. For anyone wanting to do additional Muay Thai, please arrange a private session with Khun Eat.

USD 100 - HKD 800

POSTURAL ALIGNMENT | NATE SOLIA

This holistic exercise technique uses gravity and body weight to improve alignment and balance, naturally eliminating the underlying causes of pain and physical limitation.

USD 150 - HKD 1200



60 - 90 MINUTE THAI MASSAGE

Release muscle tension, increase flexibility and mobility of joints, and improve breathing ... A Thai massage experience can help you relieve stress and anxiety, encourage the flow of energy through your body raise energy levels and stamina, and promote an overall feeling of relaxation and well-being.

USD 30/hour - HKD 240/hour

Optional one-on-one sessions

1:1 PERSONAL TRAINING SESSION | CHRISSY (60mins)

A personalized training program with an emphasis on mobility, strength, and core.
Options to continue working/training with Chrissy in Hong Kong or with online programming

USD 100 - HKD 800

BUDDY TRAINING 2:1 TRAINING SESSION | CHRISSY (60mins)

Train with a partner or friend and enjoy the benefits of working together, with a focus on mobility, strength, core, and circuits that you can do at home or in the gym
Options to continue working/training with Chrissy in Hong Kong or with online programming

USD 100 - HKD 800

NUTRITION CONSULTATION | CHRISSY

Initial nutrition and lifestyle consultation
Body and health evaluation
Food diary analysis
Action plan to rebalance and kick start healthy eating

USD 100 - HKD 800

NUTRITION CONSULTATION | CHRISSY with personalized meal plan (45mins + follow up 30mins)

Initial nutrition and lifestyle consultation
Body and health evaluation
Food diary analysis
Tailor made nutrition program
Options to continue support/education and programming in Hong Kong or with online programming

USD 150 - HKD 1200



Class descriptions



All these classes are bookable as part of any fitness retreat and are run by our network of local Samui trainers:

LOW INTENSITY

- YOGA STRETCH:** You will be stretched out yoga style.
- YOGA STYLE WORKSHOP:** Why we should do yoga and its purpose.
- YOGA MEDITATION:** Relaxing the body and the mind to full unwind and really tap in to the yang of the body.
- STRETCH IT OUT:** Covers variations on stretching, when to stretch and which type should you perform before, during & after exercise.

MEDIUM TO HIGH INTENSITY

- ADVENTURE BOOTCAMP:** This offsite bootcamp is a chance to train outside of the villa.
- GROUP CHALLENGE:** This group program pits you against other teams to complete a myriad of timed challenges.
- TABATA:** Session using the TABATA method - high intensity, full body workout with short sharp bursts and little rest time.
- TRX STRENGTH:** Using your bodyweight and TRX Suspension system you will be building strength through major muscle groups.
- CARDIO & CORE:** Combo of these two disciplines to make you burn and keep your heart rate high.
- TRX CARDIO SESSION:** Using the TRX Suspension System and a myriad of cardio based stations. (Heart rate aim - 125-155 bpm)
- TRX ADVANCED CIRCUIT:** An intensive TRX circuit session.
- BOOTCAMP TRX:** Circuit stations with TRX suspension straps for a total body resistance. Total body workout.

HIGH INTENSITY

- BOXING CIRCUITS:** Cardio boxing circuit combining kicking, punching, skipping and jumping.
- MUAY THAI BOXING:** Train with a genuine Muay Thai Boxer.
- BOX FIT (2):** You will have the opportunity to train 1 on 1, as well as to practice your technique and boxing drills.
- STRONGMAN BOOTCAMP:** Lifting, carrying, dragging. It's designed to pit you against yourself to beat the timer on every exercise.
- TOTAL BODY CIRCUIT:** A fun circuit with varying levels.

Class descriptions



All these classes can be organised for any retreats, international trainers are brought in for them (minimum 3 days):

LOW INTENSITY

- SURVIVOR CHALLENGE:** You will work together to complete station tasks and a series of team based challenges, looking for clues, etc.
- AQUAFIT(1):** A pool session will create great toned muscles without the impact. Use your hands, legs and core with various movements.

MEDIUM TO HIGH INTENSITY

- TRIPLE THREAT CIRCUIT:** A great mix of cardio, core and strength training.
- PARTNER CIRCUIT CLASS:** Grab a partner and away you go! A fun session working with a partner to help you complete each activity.
- BOOTY WORKOUT:** An intense leg and butt session for toning.
- DYNAMIC MOVEMENT:** This class will put your body through all different types of planes of movement and challenge a myriad of directions and speeds.
- RUNNING BOOTCAMP:** Running technique that puts less stress on your knees and lower back. You will get to practice with time trials to give you that little push.
- AQUA FIT(2):** A circuit of 12 stations. Uses the natural resistance of water to strengthen both muscle and the cardiovascular system.
- BOX FIT (1):** This is a high-energy workout that incorporates solid pad work, conditioning, functional and circuit training.

HIGH INTENSITY

- HIGH INTENSITY CIRCUITS:** Circuit-based workout to challenge your anaerobic threshold. Push to perform more than you think you can do with long rest periods.
- RUN & BOX BOOTCAMP:** It is just that. You will have half the lesson of continuous running and then boxing to finish off with.

Trainers



DAYLE

Dayle is a born and bred South African, who has lived in Hong Kong for fourteen years. In 2012, she founded her company 'Outdoor Fitness' where she now works as a personal trainer. The foundations of her business are based on a passion for the outdoors and exercising. Dayle's classes incorporate bootcamps, TRX, and AquaFit.



RUPERT JACKSON

An experienced Stress Management Consultant from the UK, Rupert has significant experience in rehabilitation and treating addiction and trauma. He has a holistic approach to quietening the nervous system and regulating stress and anxiety levels.



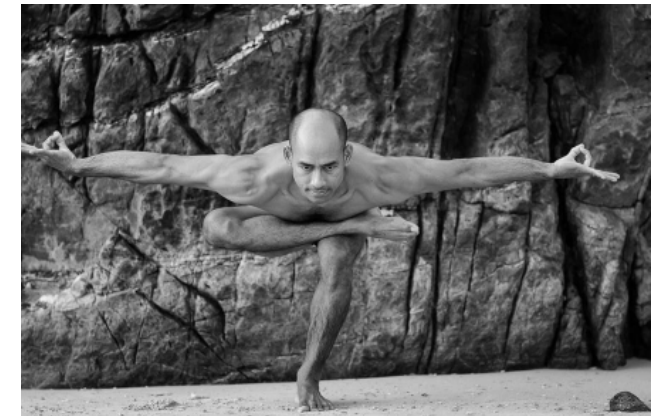
NATHAN

Nathan is a New Zealander and has lived in the Pacific Islands, Australia, Mainland China and Hong Kong. A Personal Trainer since 1998, he specializes in holistic corrective exercise, helping both adults and children achieve their health and fitness goals through flexibility, core stability, strength training, nutrition, and lifestyle.



KHUN EAT

Eat's training classes are a mix of stretching, jogging, skipping, and pad work, as well as learning Muay Thai fighting techniques. For anyone wanting to do more Muay Thai, please arrange a private session with Khun Eat.



SANYA

Sanya is a Yoga teacher and Personal Trainer with specialties in Ashtanga, Vinyasa, and Power Yoga. He graduated from the University of Sport Science in Krabi, where he studied energy therapies such as Tai Chi, Qi Gong, Pilates, and Water Shiatsu. With 15+ years yoga experience, he's studied with many international yoga teachers.



CHRISSY

Born in New Zealand, Chrissy has been living in Hong Kong for the past nine years working as a Personal Trainer & Nutritionist. She has been involved in the health and fitness industry for many more years, working for sports performance institutes, fitness centres, and high caliber sports teams.

Frequently asked questions



AM I ELIGIBLE TO ATTEND?

Yes, yes, and yes! The retreat is targeted towards all: male, female, complete novices and fitness junkies.

DO I NEED TO HAVE A MINIMUM FITNESS LEVEL?

The instructors are highly skilled so as to ensure all levels of capability are catered for, with options for the super fit and keen runners as well as those that are new to bootcamp style activity. Sessions are designed to enable everyone to work at their own level while keeping the whole group together for key morning and afternoon sessions, albeit working at different levels within those sessions.

ARE ANY SESSIONS COMPULSORY?

No, all sessions are optional. (Though usually we find we have run more sessions as most guests want to join everything!)

WILL THIS BE TOO HARD ? I JUST HAD A BABY / RECOVERING FROM INJURY. WHAT IF I HAVE NEVER DONE YOGA/ BOOTCAMP?

These are the usual concerns of someone starting out with a fitness regime, or in joining our retreat for the first time. This retreat caters to all fitness levels. So, beginners, those in rehab, post-natal mums, mid-life office workers... will find a range of low-intensity sessions, such as TRX and Pilates. Adaptations to the exercises are made throughout, according to the conditions of the group. There is often a 15-minute stretch session at the end of the higher level classes, which you can join at the end should you choose to. You can even watch the classes from your sunbed or from the pool if you need some time out.

CAN I DINE WITH GUESTS WHO ARE NOT STAYING AT THE RETREAT?

Guests wishing to leave the retreat for special occasions can be exempted from the dinner and costs reduced (if prior notice given. Alternatively, you can invite friends into the retreat to join you for meals. Price per meal approx \$20-\$25.)

ALCOHOL, IN OR OUT?

Although we do not offer nor include alcohol at this retreat (based on consistent guest feedback) guests are free to have a sundowner or drinks on their terraces or on the beach etc.

HOW MANY PEOPLE ON THE RETREAT?

In order to preserve guest / trainer ratio we aim to cap our retreats at 35 participants.

CAN I DO LAUNDRY?

The villa staff will put washing liquid in your rooms so you can quickly rinse your kit and hang in the sun where it dries in half an hour. This saves laundering time and money, but a full laundry service is available for those who wish.

IF WE FORGET SOMETHING OR NEED TO GET INTO TOWN, HOW EASY IS IT?

If you don't need to go yourself our staff can go for you with a small charge for petrol only, otherwise they will call you a local taxi which will cost around USD15 to the local town (15 minutes away).

CAN MY PARTNER JOIN ME?

Packages for a partner to join without being part of the fitness retreat are considered on request when sharing room with a participant – maximum discount is 15%.

CAN I COME ALONE?

Solo guests can be partnered to reduce room costs. Usually men are put with instructors (who are typically male) in a 4 share. Females partner with females in a 2, 3, 4 or 5 share. All single beds.



Booking and payment methods



Reserve your spot for the November 2018 retreat with a \$250 deposit

The remainder of your payment (package price less deposit) is then required to be paid in full by 30 Sept 2018 .

Please send all queries and applications to: retreats@chaitalay.com

Booking notes

- Exact rooms cannot be guaranteed.
- In some cases the single bed with proper, very comfortable mattress may be placed on the floor.
- Twin rooms are not the usual layout of two singles next to each other.
- All rooms are flexible and we can always add an extra bed if needed.
- Extensions must be booked in advance and room changes may be required for extra nights.
- Guests booked in couples/groups, whereby only one partner can extend incur a single occupancy rate of USD325 (unless we can pair you up nearer the time).
- Certain beachfront rooms can be pre-booked with a supplement of USD 150 per person - please enquire.
- Villa allocations will be made on arrival.
- Local Resident's Package also available (THB 3,500 per day or THB 10,000 for 3 days) - please enquire.

What happens in the case of cancellation?

The organizer reserves the right to cancel the retreat with six weeks notice in case minimum number of places are not filled, in this unlikely event a full 100% refund will be offered. Deposits will be refunded in full if guest cancellation is within three months of retreat date otherwise forfeited in full. This is strictly enforced as the venture is run on a not for profit basis on behalf of the organisers. Please book but do not pay for flights ahead of final confirmation from organizers.



Testimonials

"A double rainbow weekend. The staffs were outstanding; there are no words we can use to express our appreciation. Retreat was amazing, great location, people, fitness and health advice, a weekend of pure bliss where all you have to do is show up!"

TARA & DON ELLETT - NEW ZEALAND

"The perfect re entry to the world of fitness post baby – the ultimate combination of fitness and luxury."

ZOE JORDAN - UNITED KINGDOM

"I love this retreat for all that it offers. It's a reboot filled with laughter, fitness, peace, new and better friendships. Please don't ever stop offering these!"

STACY SANTOS - USA

"TRX on a coconut tree, waves lapping, moon shining, with Yoga stretch under the stars – nothing more to say. Years of stress just wound away in 4 days."

DI SNOOK DRAGONAIR - HONG KONG

"Only 4 days, but it felt like 2 weeks in terms of the value derived from being on this retreat – how often do we truly get time to focus ONLY on ourselves and to have to do no more than "turn up" – NEVER! Even holidays are not this beneficial. This should be a twice a year focus for everyone in these stressful years. Time away, without the kids, with or without the partner, is just so beneficial. I feel a million dollars!"

ALISON TAYLOR - HONG KONG

"The size and make up of the guests was perfect, with a maximum of 30 people, male and female, singles or couples, the mix of like minded people was a key part of the success of this retreat. Fabulous ambiance. Luxury, casual, but organized and challenging with some great competition too!"

TINA ATKINSON - HONG KONG

"My second visit and again I have come away from this retreat feeling wonderful! 3 days in the most exquisite location, excellent food, fabulous company, sunsets, waves lapping, yoga under the stars, TRX on a coconut tree, and some high intensity workouts to get the pulses racing every now and again. The value for money is second to none."

KELLY ALLAN - HONG KONG

"This weekend exceeded my expectations and I've been able to balance my time between my physical and mental well being. It gave me the "me" time I desperately needed. Thank you so much for helping me start a new journey for myself!"

EMMA SAUNDERS - HONG KONG

"Brilliant 3 days away with the wife and some mates. Have never come back from a holiday in Thailand feeling so good. The people, the place, the training, the food - all top notch. We'll be back."

GEOFF ALLAN - HONG KONG



BOOK YOUR 5 STAR FITNESS RETREAT

We'd love to have you join us for a fitness and exercise retreat like no other.

Contact us today:

✉ retreats@chaitalay.com

📘 Chai Talay Retreats

📷 [chaitalayretreats](https://www.instagram.com/chaitalayretreats)

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