THAILAND RETREAT 2027

8–15 MAY 2027 | BAAN THAMARCHAT | KOH PHANGAN

MOVE • BREATHE • REST • CONNECT

A week just for you

Join us for seven nights on beautiful Koh Phangan for a warm, welcoming retreat designed to give you time to move, breathe, rest and reconnect. Our home for the week is Baan Thamarchat, just a three-minute walk from Hin Kong Lagoon and close to Srithanu.

You are very welcome to come on your own. Enjoy the companionship of a small, like-minded group while still having space and time for yourself.

Yoga with kindness at its heart

Most days begin with a morning asana practice, with another practice in the late afternoon or early evening. Across the week we will also explore mindful pranayama, meditation, yoga nidra, somatic movement and yin.

This is not about pushing harder, achieving impressive poses or comparing yourself with anyone else. The emphasis is on listening to your body, practising with curiosity and being kind to yourself.

“Come on your own. Come with a friend. Come as you are.”

YOUR WEEK IN THAILAND

SPACE TO EXPLORE, REST AND RECONNECT

Space to enjoy Thailand

There will be plenty of time away from the mat: swim, read, relax by the pool, have a massage, explore the island or simply do nothing. Evenings are for delicious food, conversation and connection.

We also plan a special night out together at a lovely local restaurant, ideally with a sea view. Optional island experiences may include snorkelling; additional excursions will be confirmed separately.

Fresh food and relaxed living

Food is an important part of the week. Most meals are included, using fresh, locally sourced ingredients and Thai-influenced flavours. The menu is predominantly pescatarian, with vegetarian dishes alongside some fresh fish and seafood.

The restaurant evening is not included in the retreat price, giving everyone the freedom to choose what they would like.

Your own room

Private rooms are currently available at no additional cost, subject to availability — a particularly lovely opportunity if you are travelling alone. Twin rooms are also available if you would prefer to share with a friend.

Extend the adventure

There is also the possibility of an optional seven-day Bangkok, Chiang Mai and Chiang Rai extension for anyone who would like to see more of Thailand. Details can be shared separately.

RETREAT DETAILS

A WEEK JUST FOR YOU | £1,800 PER PERSON

What your £1,800 includes

Seven nights' accommodation at Baan Thamarchat, most meals, and all yoga and wellbeing sessions during the retreat.

What is not included

Flights, transfers, travel insurance, the restaurant evening, optional excursions, therapies, alcohol and personal expenses are not included.

Rooms and availability

Private rooms are currently available at no additional cost, subject to availability. Twin rooms are also available for friends who prefer to share. Please enquire for the latest room availability.

Location and dates

8–15 May 2027
Baan Thamarchat, Koh Phangan, Thailand
Approximately three minutes' walk from Hin Kong Lagoon, near Srithanu.

Enquiries and booking information

For further details, room availability, booking arrangements and information about the optional Thailand extension, please contact Yoga With Melanie.

Email: yogawithmelanie64@gmail.com
Phone: 07765 441109

This is your time.

Come on your own. Come with a friend. Come as you are.