

M SOHA

11-Day Transformational Retreat



Khaolak Forest Resort

THAILAND

WWW.SOHARETREATS.COM



Athletic
Minds
Foundation



Hello,

My name is Manuel Benages, founder of SOHA, and I want to personally invite you to join us on a journey that will not only rejuvenate your body and mind but transform your life in ways you never imagined.

As someone who has dedicated my life to helping over 100,000 people live better lives, I've seen firsthand the transformation that comes from investing in your well-being.

At SOHA, we believe that true wellness comes from a balance of physical vitality, mental clarity, and a deep connection to the world around us. Our life-changing retreat in the natural beauty of Thailand offers just that—a holistic experience designed to empower you on every level.

By choosing SOHA Retreats, you're not only investing in yourself but also supporting our associated mental health charity—Athletic Minds Foundation, which I founded in 2018. Your participation helps us to create broader change and reduce suicide rates.

If you're ready to step into a new chapter of your life, I'd love for you to join us in Thailand. Please feel free to reach out with any questions or to reserve your spot.

I look forward to welcoming you personally!

Manuel

Imagine a holiday where every moment is a step towards a stronger, more vibrant version of yourself. Nestled in the serene beauty of Thailand, our signature retreat offers much more than an escape—it's an investment in your future self.

Guided personally by our inspiring founder, Manuel Benages, our signature retreat is designed to elevate your physical and mental well-being for a truly life-changing experience.

Our holistic programme has been crafted to provide maximum wellness benefits in 4 different areas:

Physical Fitness

Strengthen your body with invigorating fitness classes, Muay Thai training (all levels), yoga, ice baths and more. Our expert-led sessions will push you to new heights, ensuring you leave fitter, healthier, more balanced, and revitalized.

Mental Wellness

Reconnect with your inner self through guided meditation, 4x personalized therapy sessions, sound baths, breathwork and Reiki. This life-changing package is designed to promote deep healing and personal growth.

Cultural Excursions

Explore the breathtaking beauty of Thailand, from the iconic James Bond Island to sacred temples and vibrant local markets. Our curated excursions promise unforgettable memories.

Adventures

Feed your adventurous spirit with quad biking, paddleboarding, snorkelling, and waterfall safaris. Each adventure will leave you with renewed energy and a lasting connection to nature.

With all this set against the backdrop of Thailand's stunning natural beauty, and luxurious full-board accommodation included — welcome to paradise.

Much more than a holiday, a SOHA Retreat is an investment in your future—a chance to gain self-confidence, mental clarity and a stronger body.



Day 1 - WELCOME & REJUVENATION

- Warm Welcome to SOHA Retreats
- Psychoeducation Workshop
- Guided Meditation
- Lunch
- Free Time
- Individual Therapy/Reiki Session
- Yoga Sound Healing
- Evening Meal

Day 2 - EXPLORE KHAO SOK'S WONDERS

- Morning Market Visit
- Breathtaking Viewpoints
- Monkey Temple with Playful Primates
- Bamboo Rafting
- Lunch with Delicious Thai Cuisine
- Elephant Sanctuary Visit
- Beautiful Waterfall Excursion
- Evening Meal

Day 3 - MIND & BODY ENERGISER

- Invigorating Muay Thai Martial Art
- Psychoeducation Workshop
- Guided Meditation for Inner Peace
- Lunch
- Free Time
- Individual Therapy/Reiki Session
- Yoga for Flexibility and Balance
- Evening Meal

Day 4 - THE MAGIC OF JAMES BOND ISLAND

- Morning Sightseeing
- Lunch at Panyee Island, a Floating Village known for its seafood
- Monkey Temple for a Unique Spiritual Experience
- Picturesque Waterfall and Refreshing Dip

Day 5 - INNER STRENGTH & CALM

- Muay Thai to Invigorate The Mind & Body
- Psychoeducation Session
- Guided Meditation Workshop
- Lunch
- Free Time
- Individual Therapy/Reiki Session
- Yoga
- Evening Meal

Day 6 - SPIRITUAL TEMPLE JOURNEY

- Dragon Cave Temple for a Serene and Spiritual Experience
- Bang Rieng Temple for Intricate Architecture and Peace
- Lunch
- Bang Tong Temple, a Hidden Gem with Scenic Surroundings
- Stunning Panoramic Viewpoints

Day 7 - CULTURAL DISCOVERY IN PHUKET

- Phuket Old Town to Discover its Rich History and Vibrant Culture
- Big Buddha, an Iconic Landmark with Panoramic Views
- Weekend Market for a Unique Shopping Experience

Day 8 - HOLISTIC HEALING & BALANCE

- Muay Thai for Physical and Mental Conditioning
- Psychoeducation Session
- Guided Meditation for Inner Clarity
- Lunch
- Free Time
- Individual Therapy/Reiki Session
- Yoga to promote Peace Of Mind
- Evening Meal

Day 9 - MARINE ADVENTURE AT SIMILAN ISLAND

- Private Boat Trip to Discover the Natural Beauty of Similan Island
- Snorkelling to Explore the Underwater World, Vibrant Marine Life and Reefs

Day 10 - EMPOWER & REFLECT

- Muay Thai to Energize and Empower
- Psychoeducation Session
- Meditation for Mindfulness
- Lunch
- Free Time
- Individual Therapy/Reiki Session
- Sound Healing Session for Deep Relaxation and Rejuvenation
- Farewell Dinner

Day 11 - FAREWELL & NEW BEGINNINGS

- Morning Breakfast & Depart

The itinerary is an example as to what to expect on a daily basis, but is subject to change based on weather conditions and unforeseen circumstances.



Your Host
Manuel Benages

Khao Lak Forest Resort



Our Resort offers a range of Superior Room, Deluxe Room and Villa Accommodation options to suit preferences and budget. Full details and all options are available on our website.

All rooms feature: Air-Conditioning, Balcony or Terrace, Private Bathroom, Free Wifi, Sofa, Seating Area, Flatscreen TV with satellite channels, Telephone, Safety Deposit Box, Toilet, Towels, Bedside Socket, Desk Seating, Tea/Coffee Maker, Hairdryer, Electric Kettle, Wardrobe or Closet, Clothing Drying Rack, Towels and Toiletries.



INCLUDED

- 10 Nights' Luxury Accommodation
- Breakfast, Lunch and Dinner
- Airport Transfers
- All Ground Transportation
- Boat Trips
- All Entry Fees
- Physical Fitness Package
- Mental Wellness Package
(including 4x personal therapy sessions)
- Cultural Excursions Package
- Adventure Package
- Free Wifi

NOT INCLUDED

- Flights
- Alcohol

PLEASE VISIT OUR WEBSITE FOR DATES & PRICES

info@soharetreats.com

01617 686035 (UK)

+44 7596 882120 (International)

WWW.SOHARETREATS.COM