

11-Day Fitness Retreat with Manuel Benages



Khaolak Forest Resort

THAILAND



Hello,

My name is Manuel Benages, founder of SOHA, and I want to personally invite you to join us on a unique journey to a better, healthier version of you.

Our retreat is ideal for anyone who wants to feel fitter, stronger, and more focused while enjoying the serene beauty of Thailand—a collection of experiences that will leave you feeling transformed both inside and out.

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 physical health and well-being.

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 that takes you closer to a stronger, fitter, and more energized version of yourself. Set in the tranquil beauty of Thailand, our fitness-focused retreat is more than just an escape—it's your opportunity to boost your physical health and well-being in a stunning tropical environment.

Whether you're looking to build a **stronger body**, gain **mental clarity**, enhance **resilience**, achieve a **sculpted physique**, or simply reset your mind and body, our retreat is designed to help you unlock your full potential.

Led by our inspiring founder, Manuel Benages, this retreat offers a unique blend of physical and mental fitness experiences that will leave you feeling transformed both inside and out.

Our expert trainers will guide you through:

Strength Training: Build muscle and tone your body with weights, resistance machines, and functional training exercises.

Muay Thai Training: Suitable for all levels, experience this traditional martial art that will test your endurance, strength, and agility.

Conditioning Workouts: Boost your overall fitness with high-intensity conditioning drills that push your endurance to new heights.



Stretching & Flexibility: Enhance your mobility with guided stretching and flexibility routines that complement your strength work.

Yoga: Find balance and inner calm with yoga sessions designed to improve flexibility, strength, and mindfulness.

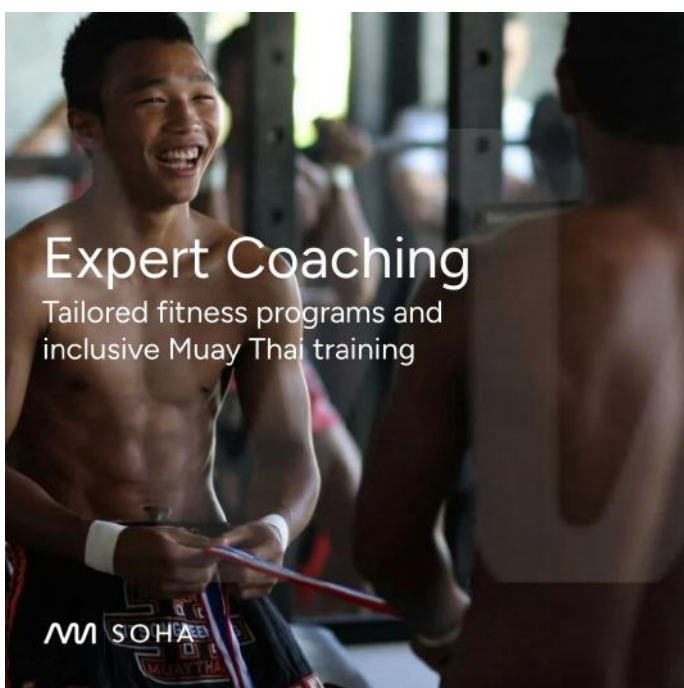
Punch Bag Workouts: Improve your stamina and release stress with energizing boxing and punch bag sessions. **Ice Baths:** Accelerate recovery and reduce muscle soreness with the healing power of ice bath therapy.

Beach Workouts: Experience exhilarating beach workouts with the ocean breeze, featuring cardio drills, bodyweight exercises, and agility training.

Swimming: Whether in the crystal-clear sea or in the resort's private pool, enjoy swimming sessions that strengthen your muscles while improving your cardiovascular health.

Massage: Soothe your muscles and refresh your body with 4 rejuvenating massages. These tailored sessions help you recover faster, leaving you ready to take on the next challenge with renewed energy.

With so many activities to choose from, every session is a step toward your fittest, healthiest, and most revitalized self.



Welcome to your typical daily routine at the SOHA Thailand Fitness Retreat, where each day is designed to elevate your physical fitness and mental wellbeing while allowing ample time for rest and relaxation. Tailored fitness sessions and wellness activities create a balanced experience, perfectly suited to your capabilities and goals.

MORNING

1st Fitness Session:
7:00 AM - 9:00 AM

Muay Thai Training: Warm up your body and mind with traditional Muay Thai drills, focusing on strength, agility, and endurance.

Stretching & Warm-Ups: Ease into the day with guided stretches to improve flexibility and mobility.

Tailored Coaching: Personalized coaching based on your fitness level and goals, ensuring the workout challenges you without overexertion.

Ice Bath Recovery: Finish the session with an invigorating ice bath to reduce muscle soreness and speed up recovery.

Breakfast

8:00 AM - 10:00 AM

Enjoy a healthy and nutritious breakfast at your leisure, refueling with fresh tropical fruits, local delicacies, and nourishing options designed to support your fitness journey.

Mid-Morning: Relax & Recover

10:00 AM - 12:00 PM

Relax by the hotel pool, take in the peaceful surroundings, or opt for a leisurely walk around the retreat grounds. This time is all about recovering and preparing for the rest of your day.

Lunch: 12:00 PM - 1:30 PM

Group Lunch (for guests on the Full-Board Package): Savor a delicious, nutritious meal with other retreat guests, fostering a sense of community and camaraderie.

Free Time (for those without the package): Explore local eateries or enjoy a quiet lunch on your own schedule.

AFTERNOON

2nd Fitness Session
2:00 PM - 4:00 PM

Strength & Conditioning: Focus on core stability, bodyweight exercises, and resistance training, all tailored to your current fitness level.

Functional Movement Drills: Improve balance, coordination, and flexibility through dynamic movements designed to enhance overall fitness.

Wellness & Recovery:

4:30 PM - 5:30 PM

Massage Session

Unwind after a day of intense physical activity with a soothing massage designed to relieve tension, reduce muscle soreness, and promote overall relaxation.

Evening Meal:

6:30 PM - 8:00 PM

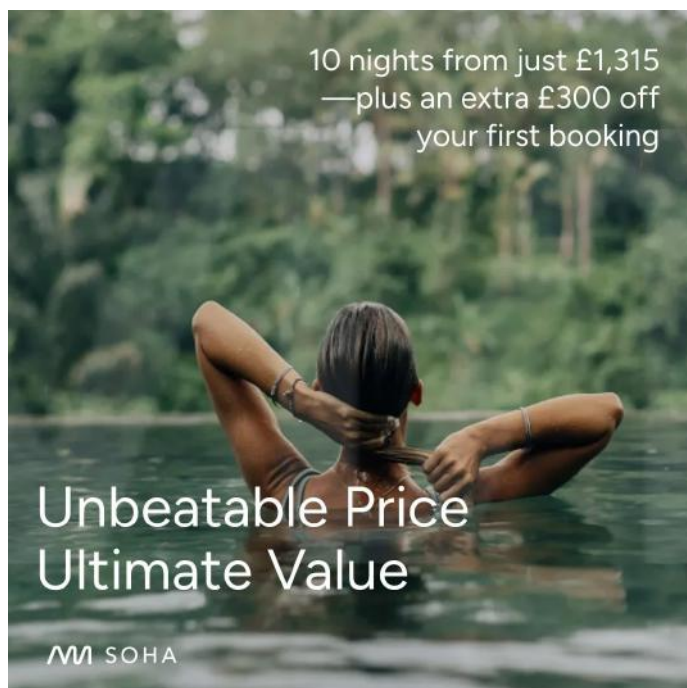
Group Dinner (for guests on the Full-Board Package): Share stories of the day's activities over a nourishing meal with fellow retreat-goers.

Free Time (for those without the package): Spend the evening exploring the local area or enjoying a private meal.

Evening Wind-Down

After dinner, enjoy free time to relax at the hotel, take a peaceful evening stroll, or unwind with a book before heading to bed, ready to tackle another transformative day tomorrow.

Our balanced daily routine allows for both intense fitness training and ample relaxation, creating the perfect environment to help you reach your fitness goals while rejuvenating your mind and body.



Our unbeatable value price (based on 2 people sharing) for our SOHA Fitness Retreat starts from as little as £1,315 including 10 nights accommodation.

Unique to SOHA, we also offer you the ability to personalise your retreat to craft the perfect getaway. Simply choose the package options that best align with your personal goals.

Our personalised approach comes at the best possible price and value, as you only pay for what you need.



Optional Upgrade Packages

For those seeking a more comprehensive and holistic retreat experience, we offer a range of optional packages to customize your retreat:

Cultural Excursion Package (£300)

Upgrade your retreat with curated cultural experiences that immerse you in the rich beauty and heritage of Thailand. Explore sacred temples, visit vibrant local markets, or take in the iconic sights of James Bond Island. These excursions will provide you with unforgettable memories and a deeper connection to Thai culture.

Mental Wellness Package (£300)

For those looking to nurture their mind as well as their body, our Mental Wellness Package provides a deeply relaxing and transformative experience designed to promote mental clarity, emotional resilience, and personal growth. Includes Guided Meditation, Therapy Session, Reiki & Sound Healing, and Breathwork.

Adventures Package (£300)

For the thrill-seekers, our adventures package offers an exhilarating range of outdoor activities that reconnect you with nature and feed your adventurous spirit. Includes Quad Biking through lush landscapes and thrilling terrains, Paddleboarding & Snorkeling in pristine waters discovering vibrant marine life, and Waterfall Safaris to hidden waterfalls, to take refreshing dips, and bask in the natural beauty of Thailand's jungle landscapes.

Full-Board (£300)

Upgrade to our full-board package to add lunch and an evening meal with the group to your itinerary.

Whether you choose our regular SOHA Fitness Retreat or tailor your experience with our optional packages, this is your chance to invest in your future self—achieving a stronger body, a clearer mind, and a renewed sense of vitality.



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

NOT INCLUDED

- 10 Nights' Luxury Accommodation
- Breakfast
- Airport Transfers
- All Ground Transportation
- All Physical Fitness Activities
- 4 x Massage Sessions
- Free Wifi

- Flights
- Alcohol

info@soharetreats.com

01617 686035 (UK)

+44 7596 882120 (International)

PLEASE VISIT OUR WEBSITE FOR DATES & FULL PRICES

WWW.SOHARETREATS.COM