

M SOHA

11 Day Transformational Retreat



Khaolak Forest Resort

THAILAND

www.soharetreats.com



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

- Welcome Talk/Introduction to the Retreat & Sharing Circle
- Personal Development Introduction & Drop-In Session with SOHA Therapists
- Lunch
- Free Time to Relax, Land & Connect
- Welcome Dinner

Day 2 - Development Day

- Breakfast
- Muay Thai Class & Ice Bath Immersion
- Psychoeducation Session
- Lunch
- 1:1 Therapy Sessions / Massage / Free Time
- Dinner

Day 3 - James Bond Island

- Morning Yoga
- Breakfast
- James Bond Island
- Lunch at Panyee Island, a floating village known for its seafood
- Monkey Temple
- Ton Pling Waterfall
- Casual Dinner

Day 4 - Beach Development Day

- Breakfast
- Muay Thai Class & Ice Bath Immersion
- Transformational Session
- Lunch on Coco Beach
- 1:1 Therapy Sessions / Massage / Free Time
- Dinner

Day 5 - Khao Sok Day Trip

- Morning Yoga
- Breakfast
- Visit the morning market to experience local culture and flavours
- Explore the Monkey Temple and observe the playful primates
- Bamboo Rafting along a tranquil river
- Elephant Sanctuary & Visiting Waterfall
- Casual Dinner

Day 6 - Development Day

- Breakfast
- Muay Thai Class & Ice Bath Immersion
- Psychoeducation Session
- Lunch
- 1:1 Therapy Sessions / Massage / Free Time
- Dinner

Day 7 - Free / Adventure Day

- Breakfast
- Free Day / Option to choose Quad Bike adventure through Kaho Lak rainforests including Lampi Waterfall
- Lunch
- Casual Dinner / Dinner On Your Own

Day 8 - Development Day

- Morning Yoga
- Breakfast
- Muay Thai Class & Ice Bath Immersion
- Psychoeducation Session
- Lunch
- 1:1 Therapy Sessions / Massage / Free Time
- Dinner

Day 9 - Surin Islands Marine Adventure

- Morning Yoga
- Breakfast
- Day trip to discover the natural beauty of Surin Islands
- Snorkelling to explore the underwater world and vibrant marine life
- Casual Dinner

Day 10 - Final Development Day

- Breakfast
- Muay Thai Class & Ice Bath Immersion
- Psychoeducation Session
- Lunch
- 1:1 Therapy Sessions / Massage / Free Time
- Farewell Dinner

Day 11 - Goodbyes and depart

- Morning Breakfast
- Depart



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.

PLEASE VISIT OUR WEBSITE FOR DATES & PRICES



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 (see note below)

info@soharetreats.com

01617 686035 (UK)

+44 7596 882120 (International)

Please note that due to the transformational nature of the retreat, this is a 'dry' retreat —meaning **no alcoholic drinks** or drugs are to be consumed at the hotel or during any SOHA sessions, activities or group meals.

Any guests wishing to consume alcohol are 100% responsible for ensuring that they only do so off-site (away from the hotel) and in their private/personal time, so as not to negatively impact the transformational benefits of any other guests.