

Yoga & Wellness Retreat



THANYAWANA, Khao Sok, Surat Thani 

A Retreat for the Senses, a Sanctuary for the Soul

THANYAWANA, set in the serene wilderness of Khao Sok, is a sanctuary for renewal and self-discovery.

This five-day retreat combines mindful movement, meditation, sound healing, and nourishing organic meals with inspiring nature experiences. Surrounded by rainforest and tranquil lakes, you will find balance, clarity, and inner peace.

Breathe deeply. Move mindfully. Progress on your inner journey at **THANYAWANA**.

**5 Days / 4 Nights
Inclusive**

Price will be announce soon...

Inclusions

- Tent and Breakfast
- Tailored made excursions
- Experienced Yoga Instructor
- Travel Insurance



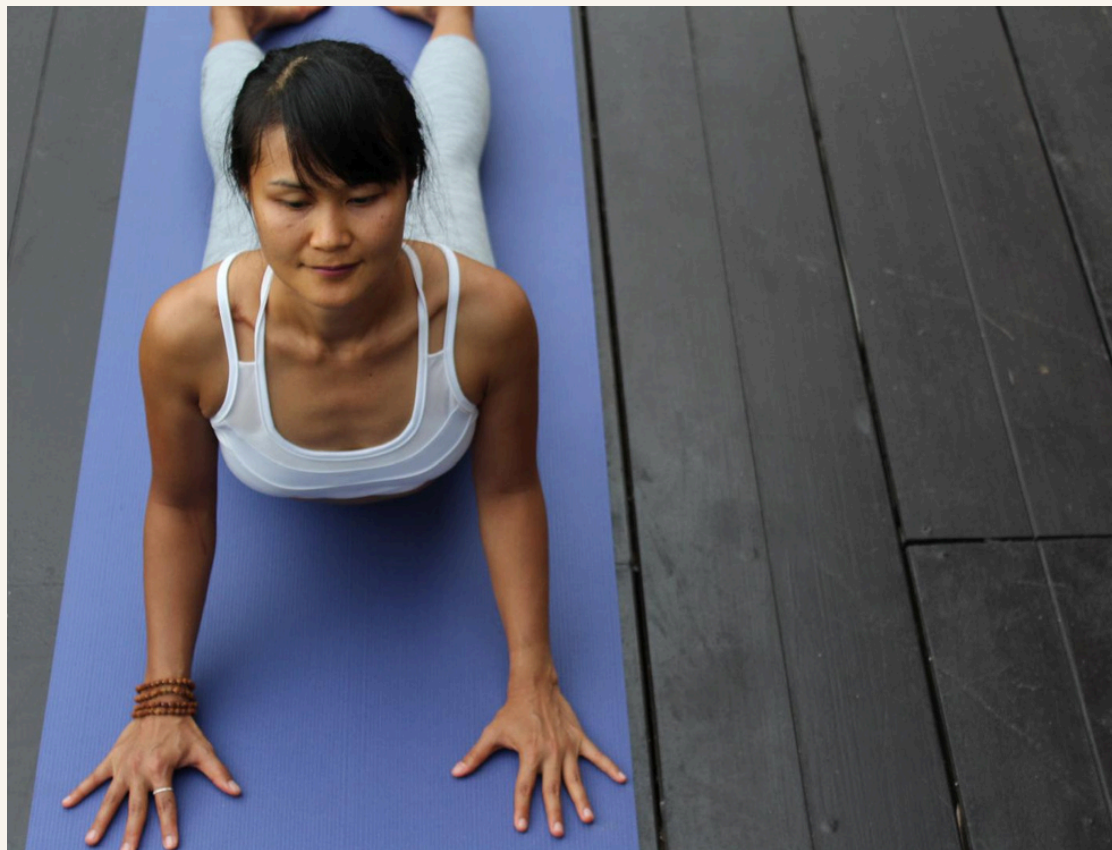


THANYAWANA
NATURE EXPERIENCE



Our Yoga Instructor

“Namaste! I am Pascha, I feel deeply motivated to meet yoga lovers. My classes are playful yet mindful – offer a unique blend of ancient healing and modern therapeutic techniques. I really can’t wait to see you on the mat – with a big smile in your heart after the session.”



THE EXPERIENCE BEHIND THE MOVEMENT

- Certified and registered Yoga teacher trained in India, with an International Master’s in Dance Anthropology.
- Deep knowledge of anatomy and mindful practice, built through 10+ years in Yoga and creative movement.
- Professional wellness background, working alongside physiotherapists, doctors, and holistic health experts in top dedicated Wellness centers.

*Welcomes all yogis,
lovingly crafted for every body, every level,
and every intention.*

Yoga & Wellness Retreat Programs



Day 1

Check-in after 2:00 PM

6:30 PM – Welcome Dinner at THANYAWANA Lakeside Restaurant

Day 2

7:00 AM – Sunrise Flow Session at the lakeside deck

8:00 AM – Organic Breakfast at THANYAWANA Lakeside Restaurant

10:00 AM – BAMBOO RAFTING AT KLONG SOK

4:30 PM – Gentle Breathing, Meditation and Stretching Practice

Day 3

7:00 AM – Morning Wellness Practice

8:00 AM – Breakfast

9:00 AM – Cheow Lan Lake Excursion

- Scenic boat ride through limestone cliffs
- Swimming in emerald waters
- Visit a floating raft house for lunch
- Short jungle hike to a hidden cave

3:00 PM – Return to Resort

4:30 PM – Restorative Evening Practice

Day 4

7:00 AM – Morning Movement and Stretching

8:00 AM – Breakfast

9:00 AM – Khao Sok Jungle Mindfulness Trekking

- Nature walk with guided mindfulness practice
- Riverside flow and meditation in the rainforest

12:00 PM – Return to Resort

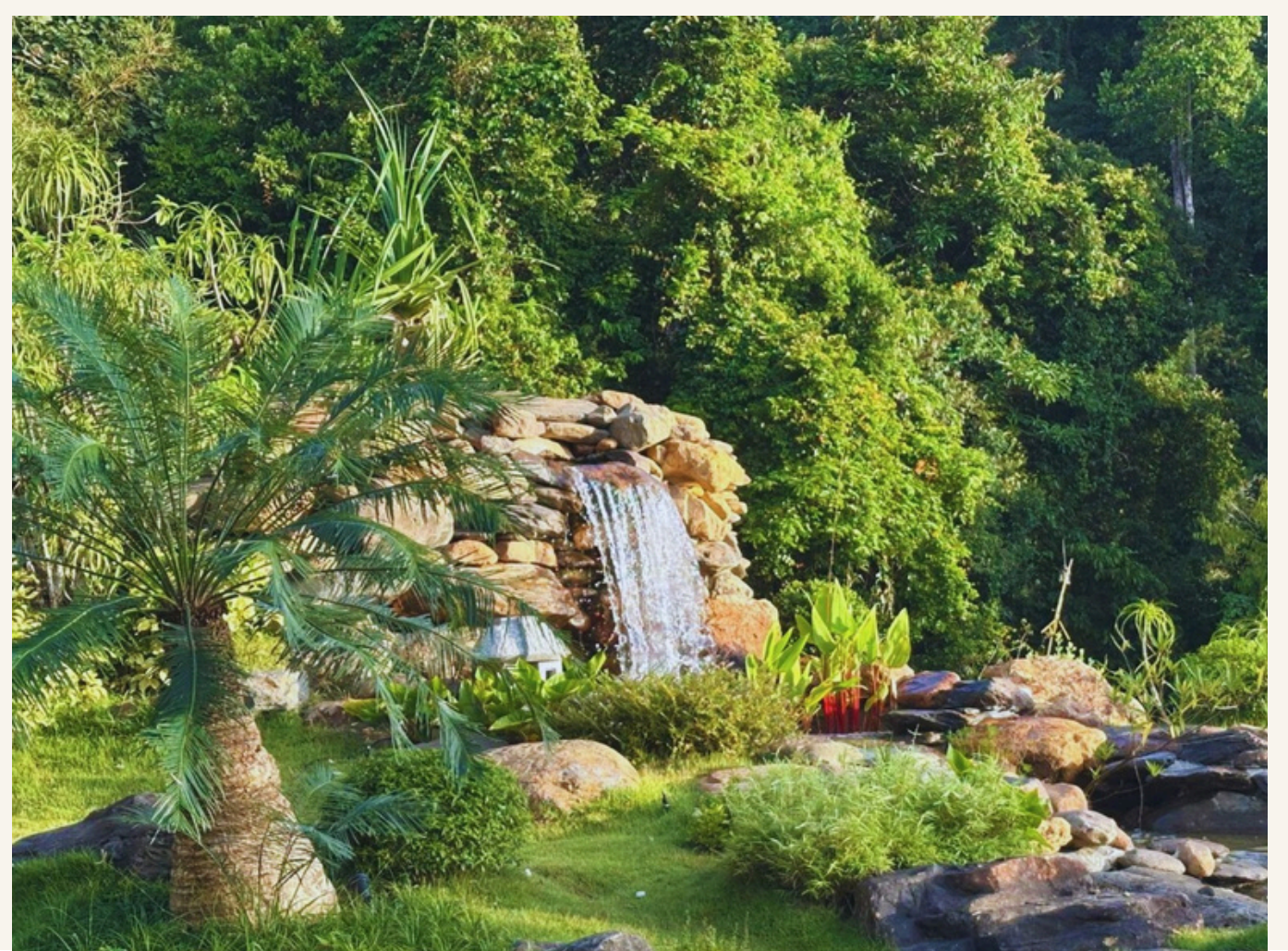
4:30 PM – Afternoon Balance and Alignment Session

Day 5

7:00 AM – Morning Flow with Sound Healing

8:00 AM – Breakfast

12:00 PM – Check-out





THANYAWANA
NATURE EXPERIENCE

Excursion

KHAO SOK NATIONAL PARK



600 m. from
Thanyawana Nature
Experience



Trek through lush
rainforest to do a yoga
session next to Klong Sok
river. Unwind by nature.



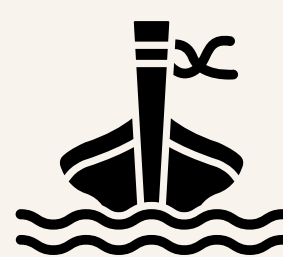
CHEOW LAN LAKE



40 minutes drive from
Thanyawana Nature
Experience



Duration: **Full day**
09.00-15.30



A breathtaking emerald-
green reservoir dotted
with towering limestone
karsts

