

RETREAT KIT





ABSOLUTE SANCTUARY

ABSOLUTE SANCTUARY is Thailand 's leading Yoga teacher training & retreat center. Opened in April 2008, ABSOLUTE SANCTUARY boasts a world class yoga center with 2 studios. Since opening, it has hosted numerous month long teacher trainings & yoga workshops conducted by yoga teachers from around the world including well-known names such as Desiree Rumbaugh, Briony & Dice, Paul Grilley & Amy Ippoliti. Situated atop a hill overlooking the sea in Cheong Mon on Koh Samui, ABSOLUTE SANCTUARY is also known as Asia's Leading Fitness Wellness Resort specializing in Fitness, Health Lifestyle, Weight Management, Pilates Bootcamp programs and more.

ABSOLUTE SANCTUARY is part of ABSOLUTE YOU (www.absoluteyou.com), Thailand 's leading health and lifestyle brand with 15 years of experience in running successful studios, ABSOLUTE YOU are not only specialists in yoga, pilates, healthy food & functional training but are also are a training academy that turns out the best instructors.

With our experience in the yoga business through Absolute Yoga & teaching over 100,000 students, we understand the needs of both yoga teachers & students for their retreats, teacher trainings or workshops. ABSOLUTE SANCTUARY is at the forefront in Asia for hosting such events and to link avid students with world renowned teachers to learn from and interact with each other.

RESORT FACT SHEET FOR TEACHERS



ACCOMMODATION

Absolute Sanctuary features 38 rooms with bright yet soothing color templates throughout its exterior & interior. All rooms are non-smoking, offer sea views or pool views and have a private terrace. Sanctuary Superior rooms are usually offered for retreats. Sanctuary Deluxe rooms & extra beds can be arranged upon request.

ROOM AMENITIES

All rooms feature an en-suite bathroom, air conditioning, ceiling fan, desk, safe, hair dryer, TV, telephone, kettle and full amenities with other items such as iron & ironing board available upon request.

TYPE OF ROOMS

Room Type	Beds	Total	Area
Sanctuary Suite	King	4	46 m ²
Sanctuary Deluxe	King	10	37 m ²
Sanctuary Superior	Queen	6	37 m ²
Sanctuary Superior	Twin	18	30 m ²

****We are able to fit an extra bed to all but our Superior Twin rooms at an extra charge of Bt 1,500 per night***



YOGA STUDIOS

We have 2 fully equipped yoga studios tailor-made for yoga events. Our Jungle Studio features a custom heating & ventilation system approximately 144 m² with a 50 mat capacity whilst our functional training studio has a 30 mat capacity. It is equipped with a projector screen for workshops or lectures & a DVD player for video screenings. Both studios individually can be used for small workshop groups or breakout sessions. All studios feature floor to ceiling windows, air conditioning & sound systems. Mats, blocks, straps, meditation mats & towels are available.

****Please submit your requested yoga schedule 2 months prior to your retreat. A proposed sample schedule is provided for your reference at the back of this kit.***

FACILITIES

Absolute Sanctuary has the following facilities available for you and your participants:

- The Love Kitchen restaurant, serving healthy and tasty international spa cuisine
- 2 fully equipped Yoga studios
- Detox Center with 5 modern colon hydrotherapy treatment rooms
- Spa Center featuring specialty massages with both indoor & outdoor massage areas
- 20x10m Infinity Edge Pool
- Pool Juice Bar
- Steam Room
- Free Wireless Internet access
- Far Infrared Sauna
- Guest Lounge area featuring internet terminals & a library
- Group Pilates Reformer studio with 9 SPX Stott Pilates reformer machines
- Fitness Studio
- Free scheduled shuttle bus service to nearby beaches



LAUNDRY

For retreats of more than 7 days, arrangements will be made externally for your group's laundry requirements. Your group shall deal direct with the external party. Charges are Bt 50 for 1 kg and to be paid direct to the external laundry supplier.

For retreats of 7 days or less, the resort will handle the laundry of your group with a 30% discount.

CHILD POLICY

ABSOLUTE SANCTUARY is a wellness resort, as such we strive to offer a tranquil environment conducive for our guests as they seek to rebalance & rejuvenate their mind, body & spirit. In order to keep the peace of the resort, children below the age of 12 are not allowed to stay in the resort.

SECURITY

ABSOLUTE SANCTUARY provides 24 hour security. Each room is equipped with a personal safe for guest's valuables. Locker rooms are also available in the yoga center for belongings to be kept. The resort will however not be held responsible for any lost items not stored in the safe.

CHECK IN AND CHECK OUT TIMES

Standard check in & check out times are as follows:

Check in: 2pm

Check out: 12pm

**Special arrangements can be made to accommodate your groups check in & check out times. Please submit arrival & departure flight times with participants name list 14 days prior to your retreat.*

TOURS

The resort is able to organize tours such as jungle safaris, elephant tracking, diving trips, snorkeling trips & island boat trips for your group during your off days.

TRANSPORTATION

ABSOLUTE SANCTUARY will provide free airport transfers for your participants.

There are scheduled shuttle bus services to Chaweng & Cheongmon beaches daily and special shuttle bus services to Chaweng beach are provided on your retreat off days at the following times:

To Chaweng Beach: 11 & 11:30 am

From Chaweng Beach: 4 & 4:30pm

**Relevant charges apply for transportation outside scheduled timings.*





FOOD

The resort provides either buffet meals or set menus at its restaurant, The Love Kitchen depending on the number of persons in your group.

The Love Kitchen at Absolute Sanctuary is a gourmet experience like no other. Serving healthy yet tasty cuisine, it is a testimonial that healthy food can be deliciously satisfying. Using a blend of locally produced and imported ingredients, we create dishes bursting with flavor and nutritional goodness that will change your perception of healthy food forever.

For more than 10 participants:

- 3 Buffet meals are provided daily at the following times:

Breakfast	9:30am - 10.30am
Lunch	1:00pm - 2:00pm
Dinner	7:00pm - 8:00pm

Other meal times are available upon request with prior notice given two months before the retreat date.

- Teacher can choose from the following menu options:
 1. International Spa Cuisine (Healthy meal with Chicken & Fish)
 2. Healthy vegetarian
 3. Raw food

Drinks included in the buffet are water, juices, coffee & tea. Please refer to the sample menus for an idea of what is offered.

**Teachers should provide us with their meal choice two months prior to the retreat.
Special dietary needs are available upon request basis at an additional rate.*

For less than 10 participants:

- 2-course set meals including one juice are provided for breakfast, lunch & dinner daily for your participants to choose from.
- The option of 2 meals a day (Breakfast & Lunch or Breakfast & Dinner) are also available.
- Morning or afternoon tea breaks can be arranged at an additional charge per person per day.



HOST TEACHER & PARTICIPANTS BENEFITS

The following are the accommodation entitlements and other benefits for the host teacher, teaching team and participants.

For Host Teacher & Teaching Team

- Complimentary room & meals are offered for the host teacher & teaching team when:
 - For 15-30 participants brought in for the retreat, you will receive 1 Superior Twin Sharing room & 3 meals per day for 2 persons.
 - For more than 30 participants brought in for the retreat, you will receive 2 Superior Twin sharing rooms & 3 meals per day for 4 persons.
 - These complimentary rooms are only for the host teacher and teaching teaming only.
- 25% discount on all a la carte treatments for spa & detox (except alternative therapies)
- 20% discount on all Detox Holiday programs
- 30% discount on any addition meals outside meal times
- 20% discount of room rate (based on website rates) for future visits or your friends and family members





For Retreat Participants

We offer the following benefits during the retreat:

- Bt 500 spending voucher to redeem on a la carte spa treatments (with the minimum spending of Bt 1,500). Exclusively offer for participants staying in-house
- 20% discount on all a la carte treatments for spa & detox (except alternative therapies)
- 15% discount on all Detox Holiday programs
- 15% discount on all Food & Beverage items
- Bt 250 for Drop In Yoga Class of Absolute Sanctuary (from Bt 650)
- Bt 2,500 for 1 month unlimited yoga membership (from Bt 3,900)
- 20% Discount of room rate for post-retreat stay (based on website rates)

When possible, ABSOLUTE SANCTUARY will offer the same week in the following year for your next retreat if all contract terms are met. However, no week can be guaranteed but we will do our best to accommodate your needs.

PROMOTION

We are able to list your retreat on our website's events page and also on our social networking sites. Please inform us upon confirmation of event if you would like us to do so & provide us with all relevant write ups & pictures to be used.

GROUP RATES 2018/2019

(The rates in the below table include accommodation, 3 buffet meals, facilities & taxes)

January - April				
Rate	Double Occupancy (per person per night)		Single Occupancy (per person per night)	
ROOM TYPE	THB	USD* (approx)	THB USD*	(approx)
1 - 14 nights retreat (based on 15 pax)				
Sanctuary Superior	Bt 3,700	US\$ 105	Bt 5,100	US\$ 145
Sanctuary Deluxe	Bt 3,900	US\$ 112	Bt 5,700	US\$ 162
More than 14 nights retreat (> 20 pax)				
Sanctuary Superior	Bt 3,050	US\$ 87	Bt 4,150	US\$ 118
Sanctuary Deluxe	Bt 3,250	US\$ 93	Bt 4,450	US\$ 127
May - December				
Rate	Double Occupancy (per person per night)		Single Occupancy (per person per night)	
ROOM TYPE	THB	USD* (approx)	THB USD*	(approx)
1 - 14 nights retreat (based on 15 pax)				
Sanctuary Superior	Bt 3,330	US\$ 95	Bt 4,330	US\$ 123
Sanctuary Deluxe	Bt 3,630	US\$ 103	Bt 4,830	US\$ 138
More than 14 nights retreat (> 20 pax)				
Sanctuary Superior	Bt 2,700	US\$ 77	Bt 3,700	US\$ 105
Sanctuary Deluxe	Bt 3,000	US\$ 85	Bt 4,300	US\$ 122



FACILITY CHARGES

January – April

- For 1-20 participants: a fixed rate of Bt 3,000 per day
- More than 20 participants: an individual charge of Bt 150 per person per day

May – December

- A flat rate of Bt 2,000 per day

The heating system is also available at an extra charge of Bt 1,500 per day.

Facility charges include use of yoga room, multi-purpose room, towels, yoga mats, yoga straps, blocks, meditation mats, DVD player, projector screen, sound system, whiteboards & flip charts.

BOOKING & PAYMENT SCHEDULE

- 10% non-refundable deposit is due to at the time of booking, by credit card or funds transfer
- 40% non-refundable deposit due 90 days prior to retreat
- Balance 50% due 60 days prior to retreat

DEPOSITS

- Deposits are non-refundable
- Payment by major credit cards (Visa, Master Card, AMEX) and funds transfer are accepted for deposit payments

CANCELLATION

If for some reason your retreat has to be cancelled, the deposits received are non-refundable. However, you have 12 months from the date of cancellation to use your deposits towards a personal vacation or for your friends & family members

SAMPLE RETREAT SCHEDULE

Day	MON	TUE	WED	THU	FRI	SAT	SUN
COURSE DAY	1	2	3	4	5	6	
	YOGA CLASS	YOGA CLASS	YOGA CLASS	YOGA CLASS	YOGA CLASS	YOGA CLASS	OFF DAY
	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	
	break	break	break	break	break	break	
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	9:30 - 10:30	
	break	break	break	break	break	break	
	LECTURE	LECTURE	LECTURE	LECTURE	LECTURE	LECTURE	
	11:00 - 12:30	11:00 - 12:30	11:00 - 12:30	11:00 - 12:30	11:00 - 12:30	11:00 - 12:30	
	11:00 - 13:00	11:00 - 13:00	11:00 - 13:00	11:00 - 13:00	11:00 - 13:00	11:00 - 13:00	
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	
	break	break	break	break	break	break	
	LECTURE	LECTURE	LECTURE	LECTURE	LECTURE	LECTURE	
	14:30 - 16:00	14:30 - 16:00	14:30 - 16:00	14:30 - 16:00	14:30 - 16:00	14:30 - 16:00	
	YOGA CLASS	YOGA CLASS	YOGA CLASS	YOGA CLASS	YOGA CLASS	YOGA CLASS	
	16:00 - 18:00	16:00 - 18:00	16:00 - 18:00	16:00 - 18:00	16:00 - 18:00	16:00 - 18:00	
	break	break	break	break	break	break	
	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	19:00 - 20:00	
	Satsang	Satsang	Satsang	Satsang	Satsang	Satsang	
	20:00 - 21:30	20:00 - 21:30	20:00 - 21:30	20:00 - 21:30	20:00 - 21:30	20:00 - 21:30	