



ABSOLUTE
SANCTUARY



Absolute Sanctuary
RETREAT KIT

WWW.ABSOLUTESANCTUARY.COM

Absolute Sanctuary

Asia's leading Yoga & Pilates teacher training & retreat centre



Absolute Sanctuary is Thailand's leading teacher training & retreat center for Yoga, Pilates and fitness. Opened in April 2008, ABSOLUTE SANCTUARY boasts a state-of-the-art group Pilates reformer and private Pilates studios, a world class Yoga center with 2 studios, accompanied by complimentary facilities to provide for the perfect retreat setting. Since opening, we have hosted numerous Yoga and Pilates teacher trainings and retreats conducted by teachers across the globe. Situated atop a hill overlooking the sea in Cheong Mon, Koh Samui, ABSOLUTE SANCTUARY is also known as Asia's leading Fitness Wellness Resort specializing in Detox, Fitness, Healthy Lifestyle, Weight Management, Yoga, Pilates bootcamp programs and more.

ABSOLUTE SANCTUARY is part of THE ABSOLUTE, the only wellness company offering a fully integrated health, wellness and fitness concept in Asia. With close to 20 years' experience running successful studios in Asia under its ABSOLUTE YOU (www.absoluteyou.com) brand, the pioneer group are not only specialists in Yoga, Pilates, rhythm cycling and functional training, but are also a training academy that turns out industry-leading instructors across the globe.

With over 2 decades of experience running ABSOLUTE YOU and teaching over 100,000 students, the group understand the needs of both teachers and 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.

YOGA CENTER

Our Yoga center consists of 1 fully equipped yoga studio & 1 newly built outdoor Yoga Shala tailor-made for Yoga events. Our Jungle Studio is approximately 144 m² with a 50 mat capacity, features a custom heating & ventilation system, floor to ceiling windows, air conditioning, a projector screen, DVD player and sound system. Our Sun Shala is approximately 100 m² with a 21 mat capacity, featuring breathtaking views of the sea and surrounded by nature, perfect for sunrise classes and sunset meditation. Mats, blocks, straps, meditation mats & towels are available.



PILATES STUDIOS

Our Pilates studios feature top of the range Stott Pilates equipment. We pride ourselves in being the only retreat in Asia to have a group Pilates reformer studio with 10 SPX reformer machines and a well-equipped private Pilates studio with 2 SPX reformer machines, a Cadillac, Chair and Barrel. This enables us to fully cater to the varying needs of retreats, teacher trainings and workshop be it for mat , reformer or a mix. Our private Pilates studio also features 8 core suspend stations for enhanced core work should it be needed



ACCOMMODATION

Absolute Sanctuary’s accommodation options range from cozy superior rooms to spacious suites. Our 38 newly refurbished rooms invoke a feeling of comfort & coziness like a home away from home.

Spread across 5 buildings, choose between our Sanctuary Suite, Sanctuary Deluxe & Sanctuary Superior rooms to match your budget and comfort level. Sanctuary Superior rooms are typically 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, satellite TV, telephone, kettle and full amenities with other items such as iron & ironing board available upon request.

TYPE OF ROOMS

Room Type	Room Type	Total	Area
Sanctuary Suite	King	4	46m ²
Sanctuary Deluxe Sea View	King	5	37m ²
Sanctuary Deluxe	King	5	37m ²
Sanctuary Superior	Queen	6	30m ²
Sanctuary Superior	Twin	18	30m ²

FACILITIES

To complement your retreat or teacher training, Absolute Sanctuary has the following facilities available for you and your participants:

- ☐ The Love Kitchen restaurant, serving healthy and tasty international spa cuisine
- ☐ Detox Center with modern colon hydrotherapy treatment rooms
- ☐ Spa Center with both indoor & outdoor massage areas featuring Ytsara holistic spa treatments
- ☐ 20x10m Infinity Edge Pool
- ☐ The Vitamin Bar
- ☐ Herbal Steam Room
- ☐ Free Wireless Internet access
- ☐ Far Infrared Sauna
- ☐ ChillWell Lounge
- ☐ Salt Sanctuary
- ☐ 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 directly with the external party. Charges are Bt 60 for 1 kg and to be paid directly 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 groups 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. Please contact us for more information.

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 testimony 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.

Drinks included in the buffet are water, juices, coffee & tea.

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 15-25 participants brought in for the retreat, you will receive 1 Superior Twin Sharing room & 3 meals per day for 2 persons.
 - For more than 25 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 team only.*

- ☐ 25% discount on all a la carte treatments for Spa & Detox (except alternative therapies)
- ☐ 20% discount on all Wellness Holiday programs
- ☐ 30% discount on any additional 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 a minimum spending of Bt 1,500). Applies exclusively for participants staying in-house
- ☐ 20% discount on all a la carte treatments for Spa & Detox (except alternative therapies)
- ☐ 15% discount on all Wellness Holiday programs
- ☐ 15% discount on all Food & Beverage items
- ☐ Bt 250 for Drop-In Yoga Class (from Bt 700)
- ☐ Bt 350 for Drop-in Group Pilates Reformer class (from Bt 1,300)
- ☐ Bt 2,500 for 1-month unlimited yoga membership (from Bt 3,900)
- ☐ 20% discount on 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.



MARKETING

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 2024

ROOM RATES

Group Size	Room Type	Jan - April		May - 20th Dec	
		Double Occupancy	Single Occupancy	Double Occupancy	Single Occupancy
		per person/night (THB)	per person/night (THB)	per person/night (THB)	per person/night (THB)
5-10 Pax	Sanctuary Superior	2,000	3,400	1,700	2,700
	Sanctuary Deluxe	2,200	4,000	2,000	3,200
	Sanctuary Suite	2,400	4,600	2,200	3,800
11-20 Pax	Sanctuary Superior	1,900	3,200	1,500	2,500
	Sanctuary Deluxe	2,000	3,800	1,800	3,000
	Sanctuary Suite	2,300	4,200	2,100	3,700
More than 20 Pax	Sanctuary Superior	1,600	2,700	1,300	2,300
	Sanctuary Deluxe	1,800	3,000	1,600	2,900
	Sanctuary Suite	2,200	3,800	2,000	3,600

MEALS RATES

3-meal buffet style including beverage : 2,000 per person / day
 2-meal buffet style including beverage : 1,500 per person / day

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 Jungle studio, Pilates studio & Sun Shala, towels, yoga mats, yoga straps, blocks, meditation mats, DVD player, projector screen, sound system, whiteboards & flip charts.

Kindly note that as Absolute Sanctuary conducts its own yoga and Pilates classes, use of studios will be at prior agreed times with the resort. Please send your schedule at least 1 month prior to retreat start.

**All rates indicated include relevant taxes and service charges*

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

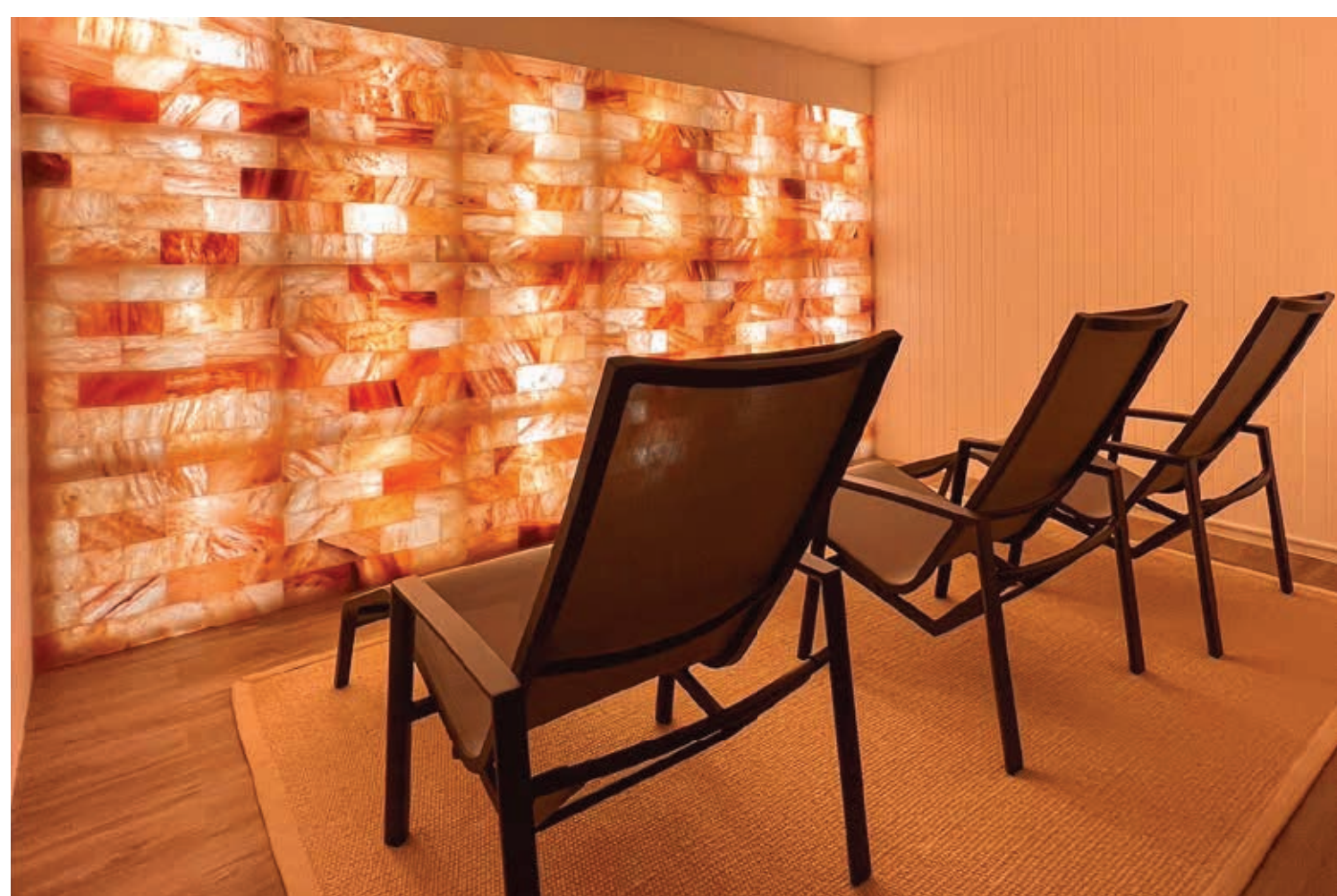
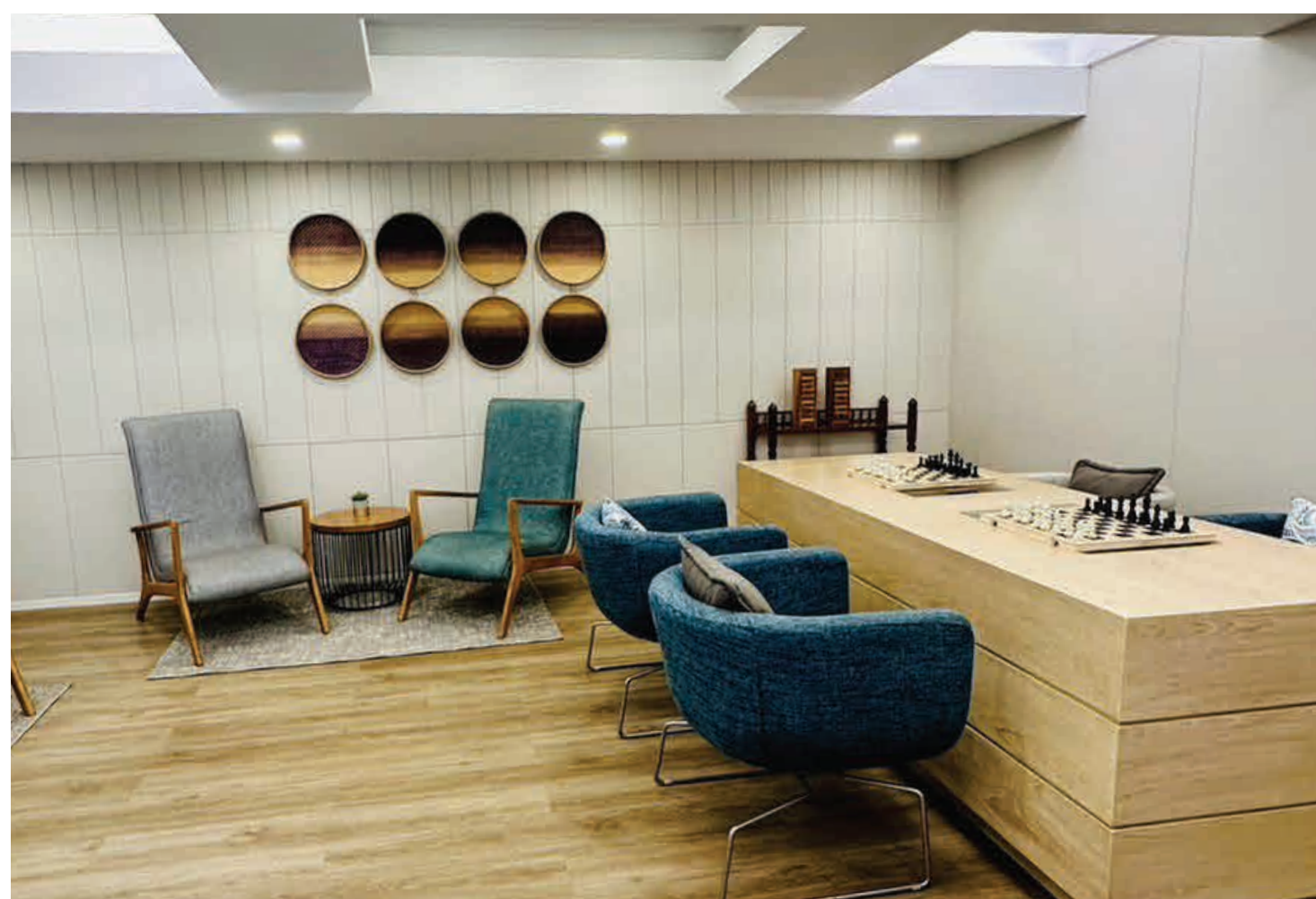
DEPOSITS

- ☐ 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

PHOTOS





We look forward to welcoming your retreat with us!