



 **WYNDHAM**  
Hua Hin Pranburi  
Resort & Villas

## “Looking Better, Feeling Better Retreat”

12th - 18th May 2024 (7 days & 6 nights)




### Garden Room

- **Garden Room, 34 sqm**
- **THB37,300 for single occupancy**
- **THB61,400 for double occupancy**

- **Luxury accommodation with plant-based meals, daily group classes include hatha yoga, diaphragm breathing, guided meditations, silence walks at the seaside, mindful eating, strength training, weight management, over-night silent practice, sleep practices, and stress recovery.**
- **A 7-day retreat with a total of 48 group classes (45-min each).**
- **In addition, each participant will receive two one-on-one personalized coaching sessions with a Health Coach during the retreat.**
- **A bonus voluntary digital detox is also available and is highly recommended for participants wanting a deeper practice.**

Book Now :

 032 632 111

 [reservations@wyndhamhuahin.com](mailto:reservations@wyndhamhuahin.com)



[wyndhamhuahin.com](http://wyndhamhuahin.com)

# The Rates are inclusive of



## Seaview Studio

- Seaview Studio , 55 sqm
- THB45,700 for single occupancy
- THB69,800 for double occupancy



## Pool Villa

- Pool Villa , 90 sqm
- THB53,500 for single occupancy
- THB77,600 for double occupancy

- The Single occupancy retreat guest could bring a non-retreat guest for 7,800 THB for the duration of the retreat and enjoy the resort services
- Complimentary Private Limousine to/from Bangkok (airport, hotels, or private residences)
- Six nights of accommodation (check-in Sunday 12th of May, check-out on Saturday 18th of May)
- Breakfast Buffet and Retreat specific vegetarian lunches & dinners
- Complimentary Good Night Sleep massage (one 60-min booking per guest per retreat).
- Complimentary laundry per day (4 pieces per guest per day, no dry cleaning)
- 25% Discount on other Laundry Services
- Complimentary activities (archery, tennis, bicycling, pickle ball, pétanque, beach volleyball).
- Complimentary 6pm late check-out.



# YOUR DAILY ACTIVITIES

## Sunday, 12th of May, Daily Activities and Schedule

5pm	Introduction Group Dinner
6pm	Opening Group Discussions
7pm	Buteyko Breathing / Sleep Practices
8pm	Over-night Silent Practices

## Monday to Friday, 13th to 17th of May, Daily Activities and Schedule

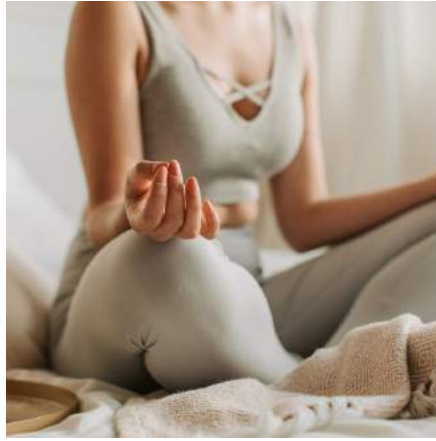
7am	Hatha Yoga & Diaphragm Breathing for mobility and energy
8am	Guided Meditation / Silent Walk for better concentration
9am	Mindful Eating at Breakfast
10am to noon	Free Resort Time / Private Sessions
noon	Mindful Eating at Lunch
1pm to 4pm	Free Resort Time / Private Sessions
4pm	Cardio / Strength Training / Balance / Movement
5pm	Nutrition / Weight Management / Stress / Recovery
6pm	Mindful Eating at Dinner
7pm-8pm	Free Resort Time
8pm	Buteyko Breathing / Sleep Practices
9pm-7am	Over-night Silent Practices

## Saturday, 18th of May, Daily Activities and Schedule

7am	Hatha Yoga & Diaphragm Breathing for mobility and energy
8am	Guided Meditation / Silent Walk for better concentration
9am	Mindful Eating at Breakfast
10am	Closing Group Discussions



# YOUR COURSES



Yoga, Meditation, & Sleep	Strength Training, Recovery & Weight Management	Nutrition Health, Mindful Eating, & Ayurvedic Diet
Hatha Yoga & Diaphragm Breathing	Buteyko Breathing & Stress Recovery	Ayurvedic Diet
Guided Meditation & Silent Walk	Activity Strength Training, Cardio, Balance, & Movement	Nutrition Health
Over-night Silent Practice & Sleep Practices	Weight Management	Mindful Eating

# YOUR COACHES



Prema has over 15 years of Wellbeing Coaching experience, specialized in Yoga and Meditation. This extensive background has allowed her to cultivate a profound knowledge of yogic principles, mindfulness practices, and the integration of mind, body, and spirit.

She has guided many clients on their wellbeing journeys, helping them to develop strength and flexibility, mental clarity and a holistic approach to harmonize personal and professional life.

[www.premaliving.org](http://www.premaliving.org)




Vincent has over 6 years of experience in health coaching. Vincent as a successful podcaster has also been sharing valuable insights on health related topics.

Vincent is trained Precision Nutrition NL1 (Nutrition Level 1) and Buteyko Breathing, this allows equips him to provide personalized nutrition coaching to support individuals in their journeys towards optimal health.

<https://procoach.app/Vincent-hiscox>

For more information regarding the courses, and daily activities, please contact the Prema and/or Vincent directly.

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# COMPLIMENTARY RESORT ACTIVITIES



Archery Offering



Pickle Ball



Tennis Offering



Bicycle



Beach Volleyball



Pétanque

# RESORT SIGNATURE TREATMENTS



## Recommended Signature Treatments

- Good Sleep Massage
- Uplifting Facial Treatment
- Coconut Body Scrub
- Indian Head Massage

20 % Discount on SPA a la carte menu

# RESORT FOOD & BEVERAGES



In addition to the Retreat Mindful Eating menu, the Resort also offers a full range of Food & Beverage options.

15 % Discount on a la carte F&B  
(excluding Happy Hour and Rooms Service)



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