

THAILAND RETREAT 2027

THE THOUGHTFUL YOGI

KOH SAMUI | 15-24 APRIL 2027



Nine nights to move, reconnect, explore and remember what it feels like to have nowhere else you need to be.

A small-group wellness escape combining yoga, Pilates, coaching and restorative practices with island adventures, beautiful accommodation and enough free time to actually enjoy Thailand.

THIS YEAR'S THEME

Sabai Sabai

From always on to at ease

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Be honest. When did you last truly switch off?

Not a scroll on the sofa. Not a lie-in that still left you tired. Proper, bone-deep, nothing-left-to-do rest. If you can't remember, you are far from alone.

91%

of UK adults experienced high or extreme levels of pressure or stress in the past year

36%

say feeling isolated outside of work has caused them stress

Source: Mental Health UK, Burnout Report 2026 (YouGov polling of 4,500+ UK adults)

We're wired, tired and running on empty, and most of us have forgotten what ease even feels like.

In Thailand, they have a phrase for it: **sabai sabai**. It means relaxed, comfortable, all is well. It isn't a luxury, or a reward you earn once the to-do list is done. It's a way of being, and for nine nights it's the way we'll live.

***Ease is a gentle soul. She won't be chased or forced.
She arrives quietly, the moment you stop gripping.***

This retreat is your invitation to let her in.

Your Sabai Sabai Journey

Four threads run through our nine nights together, each one easing something modern life asks us to carry.

Every practice, coaching session and lazy pool afternoon is woven around them. Not a strict timetable, just a gentle unwinding from always on to at ease.

1

Pause

For the always-on nervous system

Slow mornings, restorative practice and long afternoons by the infinity pool with nowhere you need to be. Here, stopping isn't lazy. It's the practice.

2

Breathe

For the racing mind

Breathwork, meditation and coaching to quiet the 3am thoughts and the endless mental to-do list, with simple tools you'll take home long after the tan fades.

3

Receive

For those who carry everything

Your complimentary Reiki or facial, nourishing food made for you and a small circle who just get it. You don't have to hold it all alone here.

4

Play

For the joy that stress stole

Pilates, pool-table laughter, a day exploring Mae Nam and evenings that unfold naturally. Remembering the lighter, sillier, happier you.

Nothing to earn. Nothing to prove. Just ease.

Your Home in Koh Samui



Perched above the tropical landscape with panoramic views across the bay, our private retreat home gives us approximately 850 sqm of space to settle into for the week.

At its heart is a 14-metre infinity pool surrounded by sun loungers, shaded seating and open terraces — the kind of place where a quick post-yoga dip can very easily turn into an entire afternoon by the water.

Inside, generous open-plan living spaces bring everyone together without ever feeling crowded. There's a fully equipped kitchen, relaxed lounge areas, indoor and outdoor dining, air conditioning and plenty of corners to disappear into with a book or cup of tea.



For movement and wellness, the villa offers dedicated yoga space alongside an air-conditioned gym with free weights, kettlebells, a Smith machine, exercise bike and reformer Pilates equipment. There's even a separate games room with a pool table for the evenings when wellness looks more like laughing with new friends. We'll also have housekeeping and on-site support throughout the stay.

The Marigold Room

Private King Room • Single occupancy GBP 2,595 | Couple sharing GBP 2,195 per person



Named for the warm, sun-washed pillows waiting on the bed, this room wakes up with the island already in view. Wide glass doors frame the sea and the tropical hillside beyond, and the honey-toned wooden ceiling catches the morning light beautifully. It's the kind of room that already feels like a retreat before the day's practice has even begun — space to stretch out, get ready slowly, and enjoy a little privacy whenever you want it.

Bed	King bed
Solo	GBP 2,595 – the room entirely to yourself
Couple	GBP 2,195 per person
Best for	Solo guests wanting privacy or couples travelling together

The Teakwood Room

Private King Room • Single occupancy GBP 2,595 | Couple sharing GBP 2,195 per person



Named for its beautiful hand-latticed teak room divider, this spacious room sits surrounded by windows on two sides, looking straight out onto the villa's green hillside. Come back from coaching, put your feet up, journal, nap — or do absolutely nothing for an hour. That freedom is part of the retreat too.

✦ **Steps from the gym — ideal if you like an early morning session before breakfast**

Bed	King bed
Solo	GBP 2,595
Couple	GBP 2,195 per person
Layout	Spacious room with windows on two sides, right by the gym

The Ember Room

Private Large Double Room · Single occupancy GBP 2,595 | Couple sharing GBP 2,195 per person



Named for the bold, fire-toned artwork that anchors this room, The Ember Room is your own quiet base for slow mornings, afternoon naps and getting ready for dinner after a day in the Thai sunshine. A lovely option if you value having somewhere private to properly switch off.

Bed	Large double/queen-style bed
Bathroom	Private bathroom access
Solo	GBP 2,595
Couple	GBP 2,195 per person

The Magenta Room

Private King Room · Single occupancy GBP 2,595 | Couple sharing GBP 2,195 per person



Named for its rich magenta accents against crisp white linen, this room brings the tropical landscape in through wide glazing — exactly the sort of space you'll want to wander back to after yoga, a swim or a day exploring the island. Light, spacious and private.

Bed	King bed
Solo	GBP 2,595
Couple	GBP 2,195 per person
Feel	Light, spacious and private

The Horizon Twin

Twin Room • GBP 2,195 per person



Named for the elevated sea view that stretches the full width of the room, come with a friend or arrive solo and share the experience with another guest. With two proper single beds and beautiful natural light, this is a shared room that still feels special.

Beds	Two single beds
Price	GBP 2,195 per person
Best for	Friends or solo guests happy to share
Outlook	Elevated sea view

The Hideaway

King + Single Shared Room · King bed GBP 2,350 | Single bed GBP 2,195



Named for its tucked-away, architectural feel — a sunken king bed, curved steps and a porthole window onto the greenery — this is a brilliant option for friends or family travelling together who want to share the room without sharing a bed. Two distinct sleeping spaces make this one of the best-value ways to experience the retreat.

Sleeping spaces	King bed plus separate single sleeping area
King space	GBP 2,350
Single space	GBP 2,195
Best for	Friends or family travelling together

The Infinity Pool & Terrace



Imagine finishing morning yoga, grabbing something cold to drink and having absolutely nowhere you need to rush off to.

The 14-metre infinity pool and surrounding terrace are made for long, lazy pockets of free time. Swim, read, nap in the shade, chat with the group or simply sit with the view.



We are deliberately building space into the programme for this — because rest isn't what happens when the retreat schedule is empty. Rest is part of the retreat.

SABAI SABAI • PAUSE

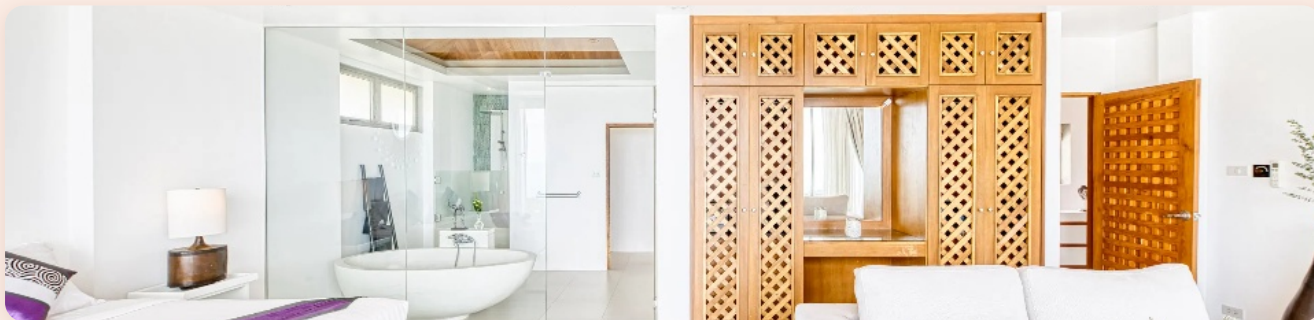
In a world that rarely lets us stop, an afternoon with nowhere to be isn't a gap in the programme. It's the practice.

Living, Eating & Being Together



Some of the best retreat moments are the ones nobody schedules.

The open-plan kitchen and living areas give us a beautiful communal heart: breakfast conversations after yoga, cups of tea after coaching, shared dinners, spontaneous chats on the sofa and all those little moments that turn a group of people into a community.



The generous indoor and outdoor spaces mean you can join in when you want connection and still find your own quiet corner when you don't.

SABAI SABAI • RECEIVE

You don't have to carry everything alone here. Let yourself be fed, looked after and held by a small group who get it.

Wellness, Your Way



Movement is available when you want it — not because you have to earn your holiday.

Alongside our guided yoga and Pilates/Yogalates practices, you'll have access to dedicated movement space and a fully equipped air-conditioned gym with weights, kettlebells, a Smith machine, exercise bike and reformer Pilates equipment.

As part of your retreat, you'll receive one complimentary treatment during the week — your choice of a Reiki session or a rejuvenating facial. If you'd like to build in more, I offer Reiki, Angelic Reiki, reflexology, additional coaching and one-to-one yoga throughout the stay — just come and find me to book. Prefer a traditional massage? Those are easy to book for yourself on one of our days out.

There will be structured practices, coaching and experiences throughout the retreat, but also protected free time to choose what your body and mind actually need that day.

This is your retreat too.

SABAI SABAI • BREATHE

Breathwork, meditation and coaching to quiet the racing mind, with simple tools you'll take home long after the tan fades.

The Games Room



Because wellness doesn't have to mean whispering for nine days.

The air-conditioned games room, complete with pool table and mini-fridge, gives us somewhere to escape the heat, have a laugh after dinner and let the evenings unfold naturally. Connection, play and joy belong on a wellness retreat too — and this is exactly the sort of space where the unexpected memories tend to happen.

SABAI SABAI • PLAY

Joy is often the first thing stress steals. On this retreat, we take it back.

Food, Dining & Our Retreat Space

Nourishing food at home, freedom when we explore, and a shared space designed to support the deeper work of the retreat.

Food at the Villa

While we're at the villa, your food is included as part of the retreat. Think relaxed breakfasts after morning yoga, colourful lunches by the pool, nourishing dinners together and plenty of snacks, fruit and drinks throughout the day.

Food at the villa will be predominantly fresh, nourishing and plant-based, with meals designed to leave you feeling satisfied while still making the most of the gorgeous flavours Thailand has to offer. Everything served at the villa is either cooked with intention on-site or ordered in from specific restaurants we trust — chosen to support your health and wellbeing throughout the week. If you fancy a few extra snacks along the way, you're welcome to pick those up yourself too.

An Alcohol-Free Retreat Space

While we're at the villa, the retreat space itself will be alcohol-free. Throughout our time together, we'll be exploring some deeper work — emotionally, mentally and spiritually — through movement, meditation, coaching, reflection and connection. We want the villa to feel like a safe, grounded space where everyone can be fully present for whatever comes up, while also respecting that everybody's retreat experience will be different.

This isn't about judgement or telling anyone how to enjoy their holiday. It's simply about honouring the space we've created together and giving ourselves these nine days to really lean into the retreat experience.

When we're out exploring, however, you're an adult on holiday in Thailand! If you'd like a beer, cocktail or glass of wine with your meal, you absolutely can. There is no expectation of abstinence outside the retreat space. We simply ask that when we come home to the villa, we return to our shared alcohol-free space.

I'm here to hold space for you — I'm not here to hold your hair back.

When We Head Out...

Part of experiencing Thailand is having the freedom to eat, explore and choose what takes your fancy.

Midway through the retreat, we'll take a full day away from the villa — out along the coast to Mae Nam to play tourist and enjoy a proper shopping day. It's built in as a deliberate change of pace, so the week never feels too intense or too insular.

We'll also head out for meals together on a few other occasions too, simply so we get out of the villa and aren't stuck looking at the same four walls the whole retreat. On these excursions, our shopping day and whenever we eat away from the villa, meals will generally be at your own expense. You're not tied to a particular restaurant, menu or budget — find some incredible street food, discover a little local spot or treat yourself somewhere gorgeous.

I'd recommend bringing additional spending money for:

- Meals and drinks while we're away from the villa
- Extra coffees, treats or snacks while exploring
- Massages or additional activities you choose for yourself
- Shopping and those inevitable Thailand souvenirs

Your accommodation, food while we're at the villa and the core retreat experience are taken care of. Your spending money simply gives you the freedom to make the rest of your Thailand experience your own.

The Karma Seat

A retreat that gives a little back.

A week like this is a real gift to yourself. I also know that not everyone is in a place to give themselves that gift right now, however much they might need it.

So on every Thoughtful Yogi retreat, I quietly hold back one karma seat. It's a place set aside for someone who would truly benefit from this experience, but for whom it simply isn't within reach at the moment.

It's The Thoughtful Yogi's gift to one person on every retreat, simply because I believe everyone deserves the chance to feel what real ease is like, at least once.

***Sabai sabai means all is well.
The karma seat is our way of sharing that a little further.***

The karma seat guest shares a room in one of our shared spaces and joins the retreat just like everyone else. Same villa, same food, same practices, same lazy pool afternoons.

Could this seat be for you?

Email thethoughtfultyogi@gmail.com and tell me a little about why this retreat feels right for you now. Every message is read personally and kept completely confidential.

SABAI SABAI · RECEIVE

Sometimes the bravest part of receiving is simply asking. If this seat is meant for you, ease is already saving it for you.

What You're Really Booking



A retreat — without losing the holiday.

Nine nights in Koh Samui. A beautiful private villa. A small group. Yoga, Pilates, coaching and restorative practices. Island experiences and a dedicated shopping/exploring day. Slow breakfasts. Pool afternoons. Space to journal. Space to laugh. Space to do absolutely nothing.

The structure is there to support you, not consume every minute of your day. You can take part, explore, rest and actually enjoy being in Thailand.

FROM ALWAYS ON TO AT EASE

Sabai Sabai.
Let ease find you.

15–24 April 2027

Shared spaces from	GBP 2,195 per person
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Private rooms	GBP 2,595
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Couples sharing a private room	GBP 2,195 per person
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FLIGHTS NOT INCLUDED