



WOMEN OF JOY RETREAT

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WOMEN OF JOY RETREAT

Tour Description

The retreat is planned to give you a chance to grow, to be refreshed and to use the time in the unique way that you will enjoy. Restore your mind, body, and soul by a relaxing holiday in a beautiful location. This is going to be an amazing escape if you're feeling stressed, tired, overworked, or just need a week to relax. So what are you waiting for? Grab the girls and spend a week away resting and finding new strength at 'Women of Joy Retreat'

Tour Highlights

- *Daily meditation sessions to relax your mind, to reduce your stress and to improve self-image and a more positive outlook on life
- *Spa & Massage: Relax and rejuvenate and return to your country a completely new you
- *Explore all main beaches of Phuket: i.e., Patong Beach, Kamala Beach, Karon Beach, and Kata beach
- *Delicious and healthy food at hotels
- *Phi Phi Island is one of the best leisure destinations in Thailand

Tour Itinerary

DAY 1 : Arrive at Phuket

Arrive at Phuket International Airport. Clear immigration formalities and collect your luggage. Our representative will meet you at the exit gate or arrival lounge and transfer to hotel. Arrive and Check-in and relax after a long flight. Rest of the day is free to explore on your own. Phuket Island is the capital of Thailand's Phuket Province. In the Old Town, Thalang Road is lined with colorful 19th-century shophouses and Sino-Portuguese buildings. Built in 1903 by a wealthy tin merchant, Baan Chinpracha mansion has Italian floor tiles, shuttered windows, and antique furniture. Set in a 1930s manor, the Thai Hua Museum has exhibits on Phuket's culture and history. Dinner in the hotel.

Overnight: Phuket

DAY 2 : Meditation Session & Visit Phi Phi Island Tour

Your day begins with a peaceful Meditation session early in the morning. Get the actual meaning for Life by searching yourself deep within. The peace of mind we wish to find is often a reaction, a step away from the facts of our life, our problems and worries.

Meditation is directly related to our everyday activities, and is only possible with order in our daily life. It is not the just mindfulness practices commonly taught, the watching of the breath or repeating a mantra. By Meditation session in such peaceful location, you will be gaining a new perspective on stressful situations. You will be Building skills to manage your stress, increasing self-awareness, focusing on the present, reducing negative emotions, thoughts and only seeing the positive side of life. Increasing imagination and creativity so that you can achieve peace and happiness in your life. Increasing patience and tolerance towards the thought and situations, therefore this experience will be a total new rejuvenation mentally and physically. Enjoy the Scrumptious Breakfast in the hotel. Then proceed for Phi Phi Island tour.

Enjoy the Phi Phi Island Tour, an island group in Thailand between the large island of Phuket and the Straits of Malacca coast of Thailand. The islands are administratively part of Krabi Province. The islands are reachable by speedboats or long-tail boats most often from Krabi town or from piers in Phuket Province. Phi Phi Don was initially populated by Muslim fishermen during the late-1940s, and later became a coconut plantation. The name Phi Phi (pronounced 'phi-phi') originates from Malay. The original name for the islands was Pulau Api-Api (the fiery isle). The name refers to the Pokok Api-Api, or 'fiery tree' (grey mangrove) which is found on the islands.

Evening return to the hotel. Dinner in the hotel.

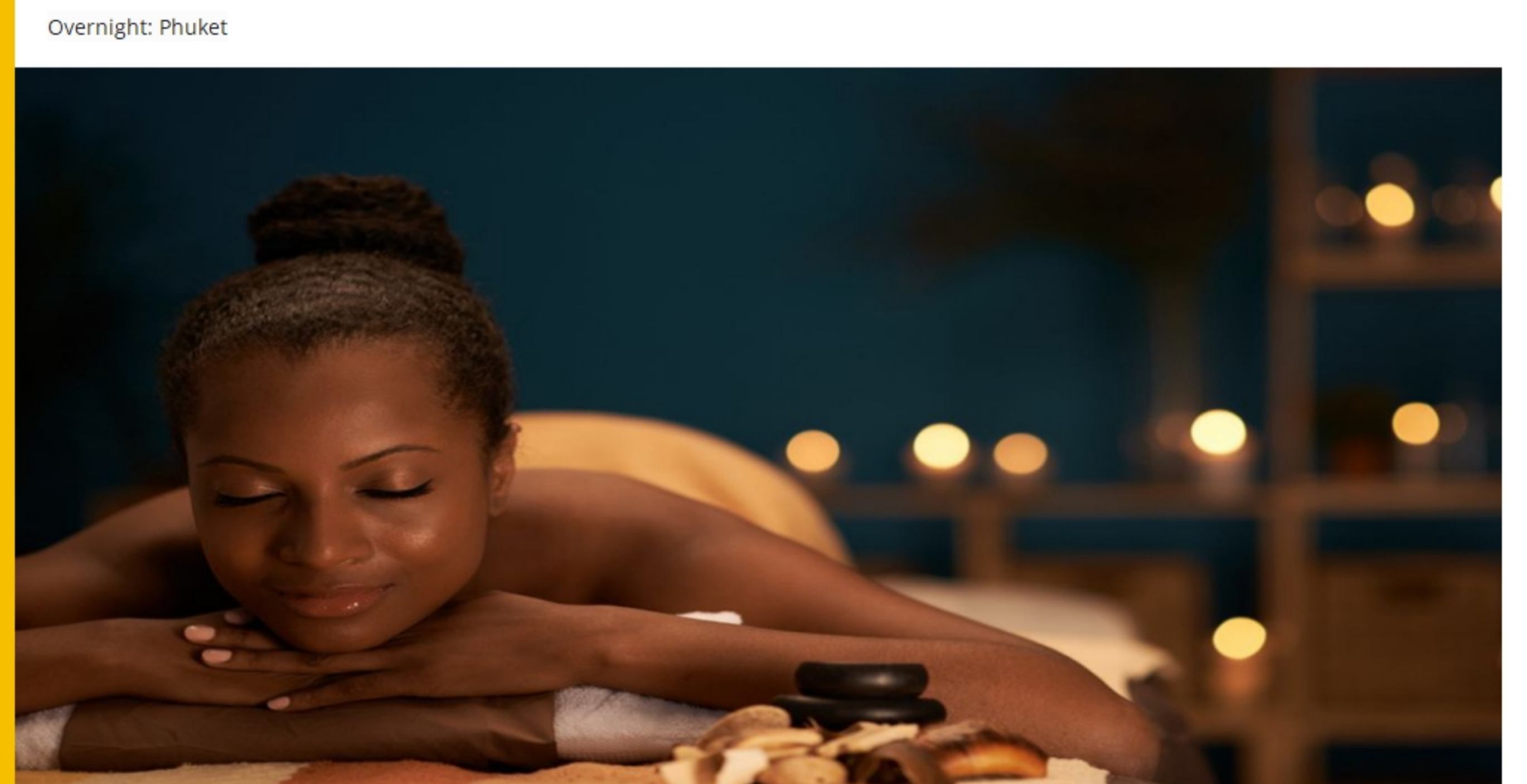
Overnight: Phuket



DAY 3 :Meditation Session Day at leisure or optional James bond Island

Your day begins with a peaceful Meditation session early in the morning. After meditation session enjoy the scrumptious Breakfast in the hotel. Rest of the day at leisure or you can take an optional Tour of James Bond Island with Lunch (Duration 7-8 hrs.). James Bond Island Tour (Optional). Pick up from the hotel and transfer to Ao Po Pier. Arrive at Ao Po Pier with complimentary coffee, tea, and dessert service. Depart from Ao Po Pier to Phang Nga Bay by Speed boat, then sightseeing at Panak Island, enjoy Canoeing to enter to the cave at 'Hong Island'. Your lunch will serve at Panyee Island, visit James Bond Island & Khao Ping Kan, explore Ice Cream Cave, arrive at Naka Island for Swimming & Relaxing, arrive on time to 'Ao Po Pier' and transfer to the hotel.

Overnight: Phuket



DAY 4 :Meditation Session & SPA Session

Your day begins with a peaceful Meditation session early in the morning. Enjoy the scrumptious Breakfast in the hotel. Today enjoy Spa & massage. by spending time relaxing in spa and massage, you can experience physical changes that will result in mental benefits such as reduced anxiety and increased relaxation. Spending the day at the spa enjoying a deep tissue massage can release the built-up stress that manifests as tight muscles in your neck and shoulders. It offers benefits like reduced muscle tension, improved circulation, stimulation of the lymphatic system, reduction of stress hormones, relaxation, improved joint mobility and flexibility, and improved skin tone, improved recovery of soft tissue injuries. Dinner at the hotel.

Overnight: Phuket

DAY 5 : Meditation Session: Evening Phuket Fantasea Show

Your day begins with a peaceful Meditation session early in the morning.

Enjoy the Scrumptious Breakfast in the hotel.

Enjoy the surrounding for the hotel or you can visit near beaches to the hotel. Evening cover Siam Niramit show which is of 2.5hrs duration, please wait eagerly to cover the fantastic show of Phuket, discover the mysteries, and the Art of Phuket 's culture, a pure amalgam of Culture, talent, content practice, and beautiful preservation of its heritage. Watch the magnificent show with delicious and authentic Dinner.

In the evening, enjoy show Phuket Fantasea or Fantasy of the Essence that is a Las Vegas style Thai cultural show. It uses cutting-edge technology, incredible sets, and live animal performances to convey the essence of being Thai. The show is a feast for the senses. You'll see Thai culture, magic, acrobatics, performing animals, pyrotechnics, stunts, and aerial performances plus 4-D effects.

Overnight: Phuket

DAY 6 : Meditation Session: Day for Relax

Your day begins with a peaceful Meditation session early in the morning.

Enjoy the Scrumptious Breakfast in the hotel and rest of the day at leisure or you can visit Phuket City Tour as optional with Big Buddha statue (Duration 3-4 hrs). Phuket City Tour (Optional) Pick up from your hotel and today enjoy the best of Phuket city tour. You will visit sites in Phuket Town, Islands and the beaches. You will stop at the amazing Big Buddha statue at the highest point on Phuket Island and get an amazing view of the island and surrounding seas. You will be introduced to the Neo-Portuguese architecture of Phuket town, also visit the Wat Chalong temple, and Promthep Cape. After sightseeing back to hotel.

Overnight: Phuket

DAY 7 : Depart Phuket

Enjoy the Scrumptious Breakfast in the hotel. Check out with beautiful memories.

What you'll get

Includes:

- *6 nights' accommodation at the hotel
- *13 Meals: 6 Breakfasts, 1 lunch & 6 dinners
- *Daily Meditation sessions
- *Return airport transfers from/to Phuket airport
- *One-time Body Massage (60 minutes)
- *Phuket Fantasea Show
- *Phi-Phi Island Tour
- *All taxes

Does not include:

- *Any airfare & taxes
- *Tips & laundry
- *Any optional tour
- *Any Security fee asked by the accommodation
- *Any item not shown in cost includes

Where you'll Stay

City	Nights	5 Star Hotel
Phuket	6	Angsana Laguna Resort or similar