



Tropical

Christmas Retreat

23-30 December 2022

CC's HIDE AWAY

Karon, Phuket, Thailand

Enjoy thrilling adventures, sightseeing tours, personal treatments ranging from Reiki and Sound Healing to Beauty Treatments and SPA, yoga and meditation sessions on our sea view outdoor rooftop and most beautiful beaches in Phuket, and unique dining experiences – all these taken care of by our incredible caring and experienced team.

Friday 23 December 2022 CHECK-IN DAY

Private airport transfer
Check-in after 2:00 p.m.
Retreat consultation
16:00 Fresh juice or a healthy mix of your choice
17:30 Sunset yoga class
19:00 Dinner in Prana Eatery

Saturday 24 December 2022 RITES OF PASSAGE DAY

08:00 Morning yoga class
09:30 Breakfast buffet
10:00 -10:30 Phuket Rites of Passage Eco Adventure: Buddhist Monastery, Rainforest Trekking and Zip-line and Canopy Park adventure
14:30 Lunch in Farm-to-Table Restaurant
17:30 Sunset yoga class
19:00 Special Christmas Eve dinner with live music and entertainment
Cold-pressed juice or Artisan Smoothie - any time

Alternative options for the Adventure:

- personal Beauty Treatments package
- private Reiki Session and Massage
- private Sound Healing Session



Sunday 25 December 2022 CHRISTMAS DAY

08:00 Morning yoga class
09:30 Sunday Brunch
11:00 Free time / Beach time
14:00 Lunch in Prana Eatery
15:00 Old Town Cultural Heritage Tour: Buddhist Temple visit, Walking Tour in Old Town, Sunday Street Market, Fruits, and Snacks tasting
19:00 Authentic Thai dinner with the city lights view

Alternative options for the Tour:

- Meditative Day: Chakra Awareness Meditation, Sound Bath, Cacao Ceremony and Sunset Yoga Class
- personal Beauty Treatments Package



Monday 26 December 2022 SIGHTSEEING DAY

08:00 Morning yoga class
09:30 Breakfast buffet
11:00 Phuket Lookouts Tour and Yoga Photoshoot: 5 amazing viewpoints, secluded beach swimming, beach and lookouts photoshoot
14:30 Traditional Thai Lunch at Organic Farm
17:30 Sunset yoga class
19:00 Dinner in Prana Eatery
Cold-pressed juice or Artisan Smoothie - any time

Alternative options for the Tour:

- private Reiki Session
- private Vibration Cleanse Session
- private Sound Healing Session

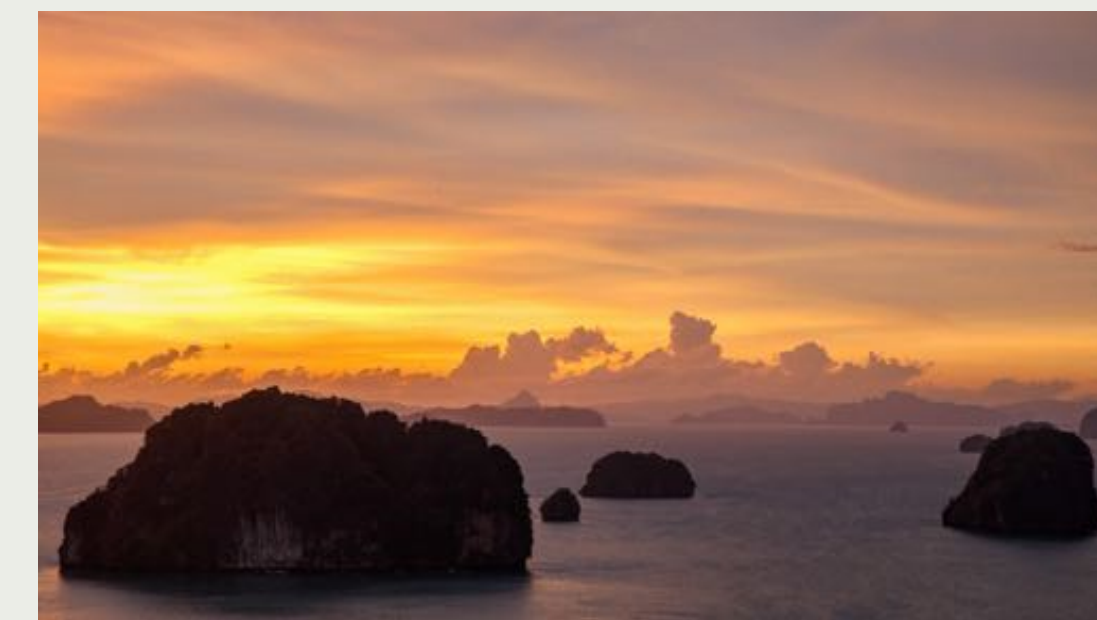


Tuesday 27 December 2022 ISLANDS DAY

08:00 Morning yoga class
09:30 Breakfast buffet
10:30 Yacht trip to stunning Racha Islands: snorkeling, islands visiting
14:30 Seafood Lunch on the yacht
17:30 Sunset yoga class
19:00 Dinner in Parana Eatery
Cold-pressed juice or Artisan Smoothie - any time

Alternative options for Yacht Trip:

- Private Reiki Session and 90 min SPA or Massage treatment
- Private Breathwork Session and 60 min SPA or Massage Treatment
- SPA Package 2.5 hours in an award-winning SPA center



Wednesday 28 December 2022 KRABI DAY

*06:00 Krabi 4 Waters Eco Adventure departure
Breakfast at Oyster Farm
Hot springs river beach and Mud SPA
Crystal water streams trekking
Lunch in Forest Restaurant
Sea Kayaking through Mangroves and Limestone Cliffs
Khao Thong Hill Viewpoint, Salad & Juice in the viewpoint cafe

Alternative options for Krabi Adventure:

- Thai Cuisine Day with Organic Farm Tour, Cooking Class, and Dinner in Royal Thai Cuisine Restaurant
- SPA Package 2.5-3 hours in an award-winning SPA center
- Reiki Session and 90 min SPA or Massage Treatment
- Sound Healing and 60 min SPA or Massage Treatment

Thursday 29 December 2022

Mind, Body and Soul Day* classes timing and style subject to change

08:00 Morning yoga class (2 options)
09:30 Breakfast buffet
09:30 Aerial Yoga
10:30 Chakra Awareness meditation
11:00 Aerial Yoga
12:00 - 14:00 Wellness Tapas in Parana Eatery
13:30 Muay Thai for Beginners
15:00 Acroyoga Workshop
15:00 Mandala Art Therapy and Oracle Session
17:30 Sunset Yoga Class
19:00 Om Meditation
20:00 Dinner in Prana Eatery
Cold-pressed juice or Artisan Smoothie - any time

Friday 30 December 2022

08:00 Beach yoga class
09:30 Breakfast buffet
12:00 Check-out
Private airport transfer - any time
Cold-pressed juice or Artisan Smoothie - any time

Whatsapp: +66630819422

www.cshideaway.com