



breathe into a new life



Since 2003, Samahita Retreat has been dedicated to helping guests unlock their potential, increase energy levels and recover and enhance their vitality. We offer yoga, fitness, detox and wellness, in nature, directly on the beach. A genuine place for more than just a holiday, our guests come to experience:

YogaCoreCycle™, with Integrated Yoga and Fitness Classes

- Detox
- Weight Loss
- Brain Health Upgrade
- Total Self-Care Programs
- Empowered Health-at-Home

Retreats with world renowned teachers

Special 200+ Hour, Residential Yoga Teacher Trainings



DAILY CLASSES

Yoga

Daily classes guided by our residential teachers in our beautiful shalas. Dynamic core and restorative yoga classes. Private sessions also available.

Core

Functional fitness and core awareness classes, using: TRX, Bosu balls, Uggj, Kettlebells, Free weights, Flexi-bands, Redondo balls, Ballet barres, and Rollers.

Cycle

Sunrise Cycle, Fun Cycle and Super Cycle classes. 20 state-of-the-art Schwinn stationary bicycles. Beach views, sound system, AC and fans.

Meditation & Breathwork

Meditation techniques, contemplation practices, and basic breathwork including intro to Pranayama classes daily.

FACILITIES

Dedicated Indoor Shala: Can be partitioned into 3-sections, with space for 65 mats. Microphone, projector, fans & sound-system equipped.

Beach Shala: Space for 36 mats, fans, sound system equipped, beach view.

Cabana Beach Shala: Space for 12 mats, fans, beach view.

Fitness Loft: Space for 24 mats, mirrored wall, tree top and sea view.

Props: Bolsters, straps, blocks, and cushions available for full capacity.

We Also Offer

- Non smoking and alcohol-free environment
- Complimentary, filtered, mineral drinking water
- Free WiFi
- Morning silent time (until 10:00am / end of class)
- Unplugged at Samahita, digital detox
- EcoLife shop (7:00am - 9:00pm)
- Eco-friendly laundry service
- Childcare available upon request.
- Safe, comfortable environment.

4-STAR RATED ACCOMODATIONS

Clean, spacious design featuring:

- bright, natural lighting
- working desk area
- air conditioning and fan
- fridge and kettle
- modern bathrooms with showers, eco-friendly shampoos and soaps, rainwater harvesting, power water heaters

12 Shared Two-Bedroom Lofts:

Split level room, with two queen beds in separate sleeping areas and a shared bathroom. Perfect for two friends.

20 Private Rooms:

One queen bed with private bathroom. Perfect for singles or couples.

6 Semi-Private Rooms:

Two private rooms with two queen beds separated by a hallway with a shared bathroom.

2 One-Bedroom Suites:

One queen bed, fully equipped kitchen, with living room/ TV and private balcony. Perfect for couples and families with children.

WEEKLY ACTIVITIES

Temple Walk
Fisherman's Village
Night Market,
Boat and Snorkeling Trip

LOCATION

A 45-minute drive from Samui International Airport. Direct flights from Bangkok, Phuket, Singapore, Hong Kong & Kuala Lumpur

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Koh Samui Surat Thani
84140, Thailand

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WELLNESS CENTER

We offer the best therapeutic experience with specialized, holistic treatments, such as: Thai, Swedish, Deep Tissue and Aromatherapy Massage, Herbal Facial Treatment, Manual Lymphatic Drainage, Chi Nei Tsang, and the newest infrared sauna technology. Our Wellness programs are inclusive of **YogaCoreCycle™** classes.

Detox Program

Customized detox programs range from a gentle mono-diet to juice fasting, and include detailed guidance, carefully planned menus, and specialized total self-care treatments.

Weight Loss Program

Our program will educate you to choose foods that are both nutritious and delicious, teach you a manageable exercise routine, and assist in targeting the root causes of weight gain.

Brain Health Upgrade

A program to help you care for and improve the state of your brain and how it works through organic ancient practices from yoga and meditation as well modern technology and biohacks.

Total Self-Care Program

A package plan of therapies and treatments pre-booked at a bundled value price, including a selection of massages, facials, scrubs and skin treatments.

Empowered Health-at-Home

Bring the Samahita magic home. Complement any program to continue your health journey at home with support from a Samahita personal health coach.

RESTAURANT & JUICE BAR

Vegetarian friendly, "Healthy-Lite" options. Organic, local produce. No Sugar added. Food only cooked in coconut oil. We even bake our own bread and make our own greek yogurt.

Buffet open for coffee & tea from 6:45am, light breakfast from 8:00am, hot breakfast from 9:45am, lunch from 11am-1pm, and dinner from 6:00-8:00pm. Juice bar with à la carte menu available from 10:00am-8:00pm. Chilled coconuts, smoothies, gotu kola shots, energy balls, organic (keto-bulletproof) coffee, fresh juices, and more.

BEACH & POOL FACILITIES

- Saltwater pool with children's pool
- Herbal steam room
- Kayaks and paddleboards
- Outdoor showers and beach sunbeds



FURTHER INFORMATION & USEFUL LINKS

[Location and Maps](#)

Location of Samahita Retreat on Koh Samui, plus maps of the center

[Daily Schedule](#)

Samahita's daily schedule over a week including **YogaCoreCycle** classes, meal times and complimentary activities

[Photos](#)

High quality, media approved images for marketing

[Photos \(Accommodation\)](#)

High quality images of Samahita's different room types

[Media Resources](#)

Brochure, fact sheet and postcards available to download

[Video of the Center](#)

Get a feel for what it's like at Samahita Retreat

[Shalas / Facilities](#)

Samahita's onsite facilities including yoga shalas , fitness, dining and relaxation facilities

[Facebook](#)

Samahita on Facebook: SamahitaRetreat #samahitaretrear

[Instagram](#)

Samahita on Instagram: SamahitaRetreat #samahitaretrear

[Cuisine](#)

More info about Samahita's delicious and nutritious Thai-inspired vegetarian (and fish) based menu

[Therapies & Treatments](#)

Samahita's wellness therapies and treatments including private sessions

[Private Classes](#)

Book a private or group yoga, fitness, cycle, breathwork, meditation technique class with an in-house Samahita Teacher

[Island Excursions](#)

Complimentary excursions and activities around the island

[FAQ](#)

All your questions answered

[Children's Policy](#)

Samahita allows a limited number of children. To book children please request availability and the children's policy from:

reservation@samahitaretrear.com

[Friends & Family](#)

Space permitting one friend or adult family member of a retreat participant is welcome to stay. Please inquire with reservations:

reservation@samahitaretrear.com

[Silent Time](#)

Samahita Retreat aims to keep a peaceful and calm environment with silent time in the mornings until 10:00 am or until the end of classes.