



Thailand

WELLNESS TRIP





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TRIP ITINERARY

Day One

Induction & Welcome Dinner

- 14:00 - 15:00 Grounding, Welcoming Ceremony and Orientation
- 15:00 - 16:30 Depart to Kata beach point
- 17:00 - 18:00 Sunset at Kata Beach
- 18:00 - 20:00 Kata night market
- 20:00 - 21:30 Welcome Dinner at Kata Beach
- 21:30 - 22:00 Back to Hotel

Day Two

Finding Inner Peace

- 7:30 - 8:30 Hatha Yoga
- 9:00 - 10:00 Breakfast
- 11:00 - 13:30 Breathwork and Ice Bath
- 13:30 - 14:30 Lunch
- 15:00 - 18:30 Consultation and Healing Session at Yoga Shala
- 19:00 - 20:00 Massage Session





TRIP ITINERARY

Day Three

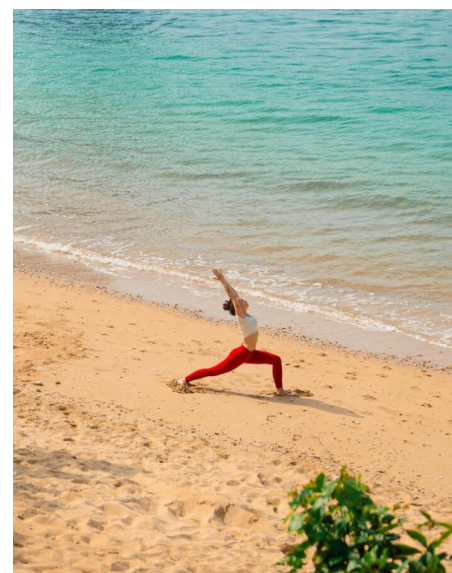
Cultural Adventure

7:00 - 8:00	Breakfast
9:00 - 10:00	Pilates on mat
10:30 - 12:30	Thai Cooking Class
12:30 - 13:30	Having Lunch of cooking class meals
14:00 - 14:30	Depart to Phuket Old Town
14:30 - 18:00	Phuket Old Town visit
18:00 - 21:00	Jungceylon, Patong Beach
21:00	Back to Hotel

Day Four

Self- Reflection

7:30 - 8:30	Breakfast
9:00 - 10:00	Depart to the school (giving session)
10:00 - 12:00	Giving session
12:15 - 13:00	Depart back to Hotel
13:00 - 14:00	Lunch at the hotel
14:00	Free Time





TRIP ITINERARY

Day Five

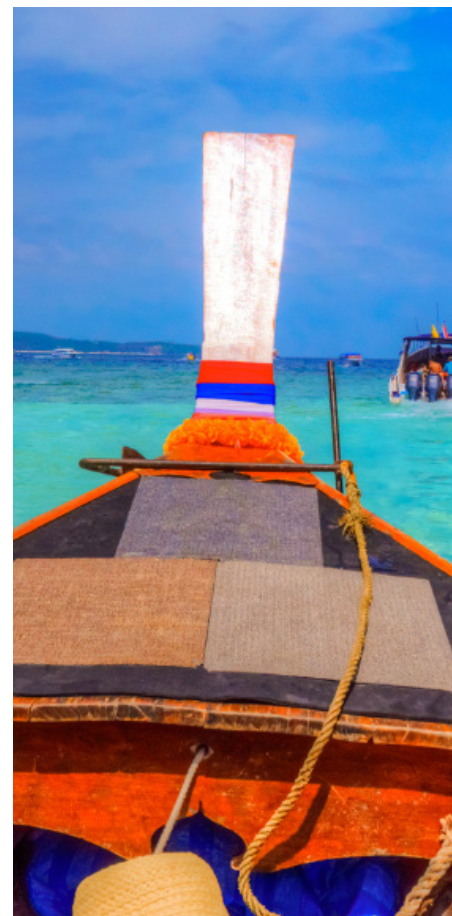
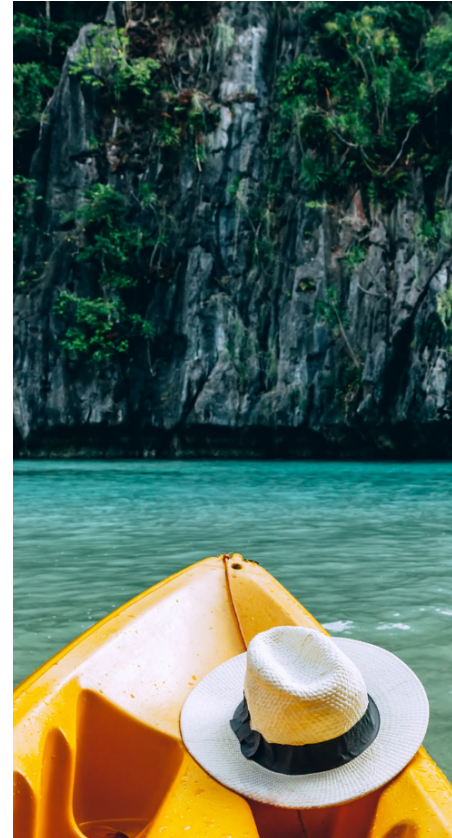
Farewell Day

7:30 - 8:30	Yoga
8:30 - 9:30	Breakfast
9:30 - 13:00	Free Time or Quad Bike (Add-on)
13:00 - 14:00	Lunch
14:00 - 17:00	Free Time
17:30 - 18:00	Depart to Farewell Dinner Restaurant
18:00 - 20:30	Reflection Session and Farewell dinner
20:30 - 21:30	Back to Hotel

Day Six

Departure Day

7:00 - 7:30	Check out
8:00 - 9:00	Breakfast
-	Explore Phi Phi Island (Add-on)





WELLNESS PROGRAM



Wellness trip is set for women who seek inner bliss.

For six days, your mind and body will be rejuvenated in an island where the most famous wellness experts exist. Your trip will be full of peace and serenity. Women's Wellness Trip is a journey towards self-fulfillment and greater vitality. Our mission is to empower you to build and sustain your own foundation of wellbeing through connection to your body, its messages, and intuition.

Our day begin with intentional meditation followed by guided alllevel yoga sessions, interactive education sessions for a mindful lifestyle . Each day we explore a theme and a pillar of wellness that gives you tools and practices to bring into your daily life. The Program is divided into Four Pillars:

- **Meditation & Mindfulness**
- **Body Nourishment**
- **Nature & Outdoor Exploration**
- **Community Empowerment**

MEDITATION & MINDFULNESS

Be yourself in a relaxed, calm and inspiring environment and let your body rejuvenate. The week is tailored for you to relax and recharge your mind. Our yoga practices and meditation sessions led by expert instructors that are ready to teach all levels of abilities. Wellness program includes:

- **Wellness Consultation**

You will have a one -to- one session with the wellness consultant to understand your mental and physical status and provide you with the most suitable retreat.

- **Gentle Yoga & Hatha Practice**

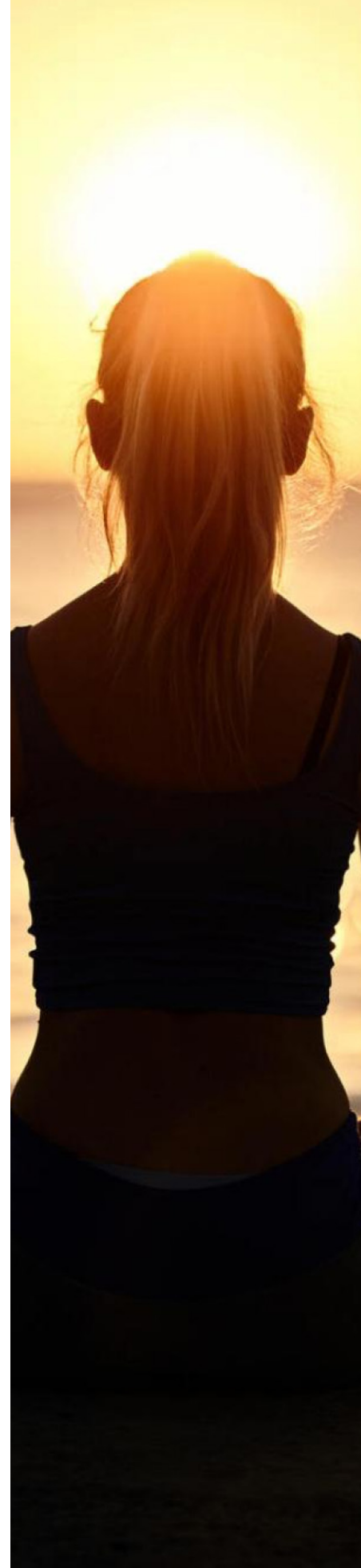
This yoga practice helps relieve stress, increases flexibility, calms the mind, and strengthens the body.

- **Breath Work & Ice Bath**

Ice baths are linked to several health benefits. People take ice baths to increase their health and overall wellbeing. You can easily experience the power of the cold yourself by incorporating the Wimhoeff method into your daily life. Many people from all over the world are already using this method to become stronger, happier, and healthier individuals.

- **Energy Healing Session**

Form of energy healing designed to help release negative energy trapped within the body. Negative energy could be caused by a past event, repetitive pattern, or even daily routine.





PRICES & FEES

Our projects are priced and booked based on number of weeks

◀ **\$1990** USD ▶
Per Person

5%
Group (3+) Discount

- Group discount only applies for a group of 3 or more applicants, all of whom must pay the deposit. Use discount code GROUP5 on checkout.

Should any applicant not follow these terms, discount will be deactivated by NomuHub and amount added to applicant's final invoice.

Contact info@nomuhub for two weeks package

- A Deposit of \$300 is required to secure booking and per NomuHub terms and conditions deposit is non-refundable.
- Payment shall be received at least a month prior to trip start date.

PRICES & FEES

The travel package includes and excludes the following:

INCLUSIONS



Twin Sharing at a
*5 Star Wellness Resort



Airport Pick-up, Drop-off
and other transportation



General tourist
attractions



Daily
breakfast meals



Special Welcome
and Farewell dinners



24/7 in-country local
NomuHub staff support

EXCLUSIONS



Flight
Tickets



Personal
spendings



Daily lunch
& dinner meals



Accommodation
upgrade to Single Room



Travel visa
and insurance





FLIGHT BOOKINGS



Arrival to (HKT)

SUNDAY



Departure from (HKT)

FRIDAY

- We recommend to arrive a day before the start date of the program.

Please note that accommodation isn't included beyond the program

- dates. Contact our support team for extra days of accommodation arrangements.



PACKING ESSENTIALS

RECOMMENDED CLOTHES

- Hiking Shoes
- Socks
- Tops
- Jeans
- Dresses
- Swimsuits
- Light Jacket (for chilly nights)
- Sandals
- Flip Flops
- Sunglasses
- Underwear
- Headwear (hat, cap, head scarf)

APPLIANCES

- Chargers
- Plugs for Chargers
- Travel-size Torch

IMPORTANT DOCUMENTS

- Passport / Visa
- Identification
- Trip Itinerary
- Boarding Passes
- Travel Insurance

TOILETRIES

- Sunscreen & Lip Balm
- Hair Brush
- Nail Clippers & Scissors
- Toothpaste
- Toothbrush
- Razor
- Deodorant
- Shampoo & Conditioner
- Body Wash & Moisturizer

ACCOMMODATION OPTIONS



The package includes twin sharing room for a 5 nights stay, and if you wish to upgrade to a single room please find the below for following upgrade prices.

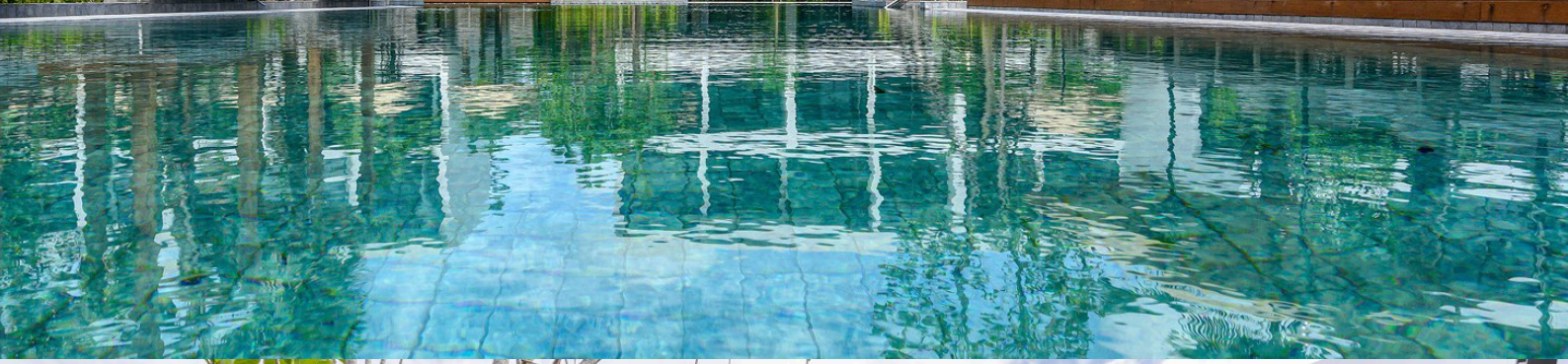


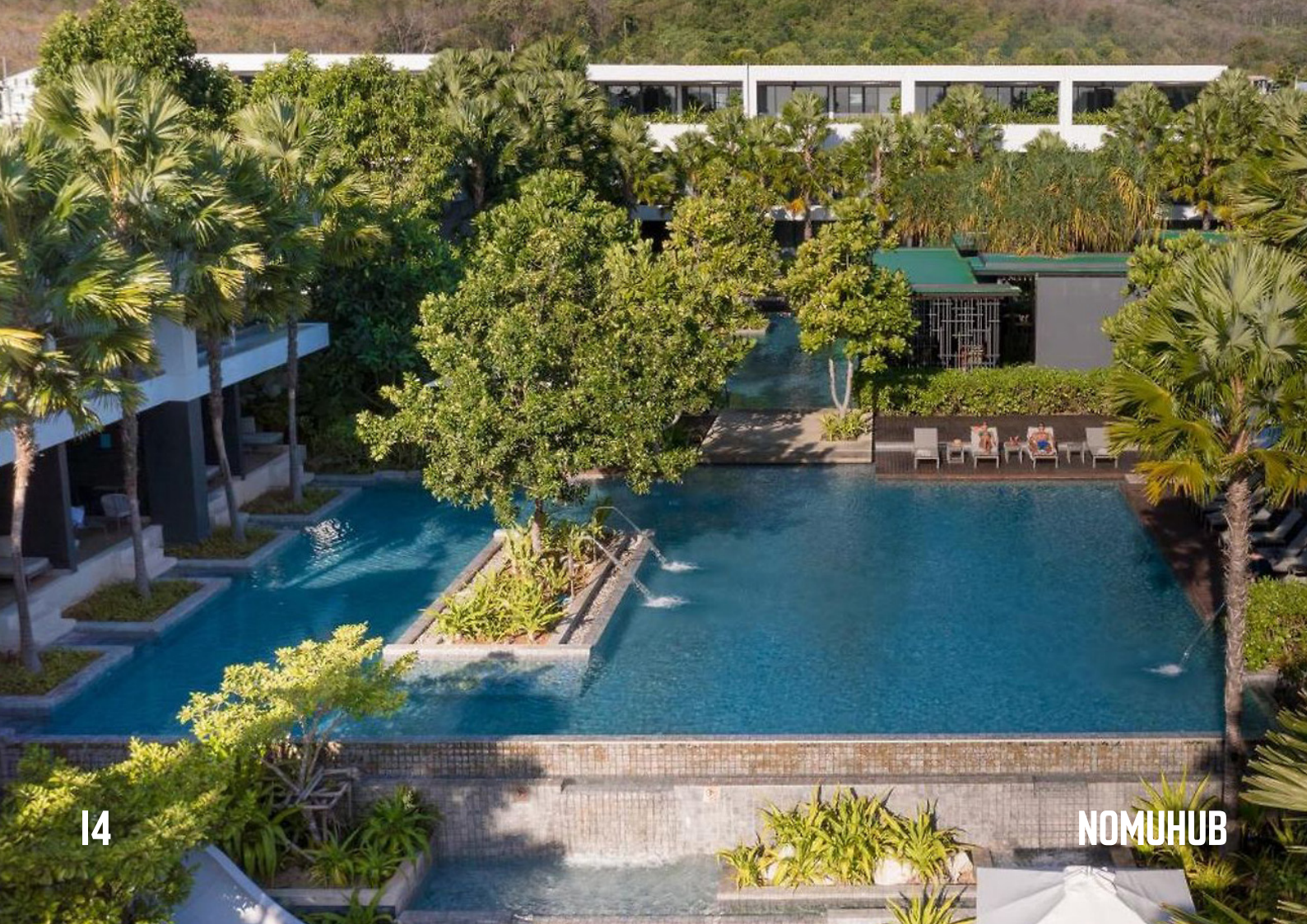
■ Stay Wellbeing & Lifestyle Resort

5 Star Resort - Rawai, Phuket

- 503 USD** Upgrade to Single Room Standard
- 1483 USD** Upgrade to Junior Suite with Pool Access
- 1950 USD** Upgrade to One Bedroom Suite with Pool Access
- 187 USD** Extra Night Stay (Standard Option)

STAY WELLBEING RESORT







EXPERIENCE

Thailand

TOURISM ADD-ONS





QUAD

BIKE



▶ **\$80** USD ◀

Quad Bike Adventure will make your lay more impressive. On this bike tour, drive your own ATV and venture off-road to see a different side of Korea, passing through beautiful scenery and nature's gift of greenery.

DURATION

Half Day Trip



HIGHLIGHTS



- Professional guide
- **Safety equipment:**
 - Helmet
 - Boots
 - Shower room and towel



ISLAND TOUR KOH PHI-PHI

▶ **\$120** USD ◀

Explore the stunning natural scenery of Korea. Enjoy the craggy cliffs and clear waters, stroll up to new and greater heights and relax on the sands of the Beach.

DURATION

Full Day Trip



TRIP INCLUDES



Hotel Transport
(Pickup & Drop-off)



Fast Boat Return
Transfer



Snorkel & life vest
are provided



English Speaking
Tour



Travel with a purpose

