



Thailand

WELLNESS TRIP





CONTENTS

- Trip Itinerary
- Meditation & Mindfulness
- Community Empowerment
- Packing Essentials
- Accommodation
- Nourishment
- Prices & Fees
- Add-ons
- Wellness Program
- Nature & Outdoor Activities
- Flight Bookings

TRIP ITINERARY

Day One

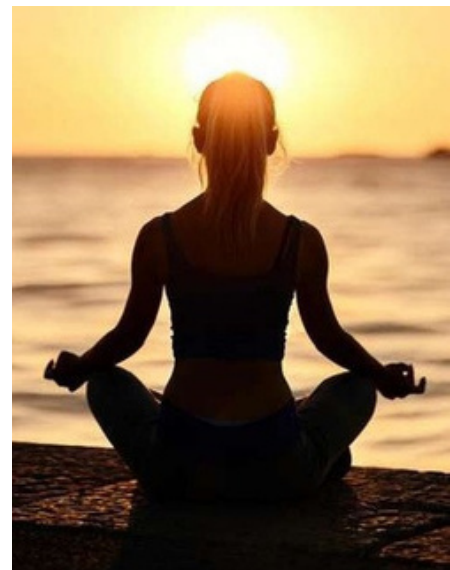
Induction & Welcome Dinner

- 14:00 - 15:30** Welcoming Ceremony and Orientation at Yoga Shala
- 15:30 - 20:00** Wellness Consultation
- 20:30 - 22:00** Welcome Dinner in the hotel

Day Two

Finding Inner Peace

- 8:00 - 9:00** Breakfast
- 9:30 - 11:30** Breathwork
- 11:30 - 13:00** Ice Bath
- 13:00 - 14:00** Break Time
- 14:30 - 16:30** Essential Oil Workshop
- 17:00 - 17:30** Depart to the Spa
- 18:00 - 19:00** Massage Session 60 min
- 19:20 - 20:00** Back to Hotel





TRIP ITINERARY

Day Three

Cultural Adventure

7:00 - 8:00	Yoga
8:00 - 9:00	Breakfast
10:00 - 12:00	Healing session
12:30 - 13:00	Depart to Phuket Old Town
13:00 - 16:00	Phuket Old Town Visit
16:00 - 17:00	Depart to Patong Beach
17:00 - 18:00	Sunset at Patong Beach
18:00 - 21:00	Jungceylon mall
21:00	Back to Hotel

Day Four

Self- Reflection

7:00 - 8:00	Yoga
8:00 - 9:00	Breakfast
9:30 - 10:30	Depart to School (Giving Session)
10:30 - 12:30	Giving Session
12:30 - 13:00	Back to Hotel
13:00 - 15:00	Cooking Class & having meals of cooking class
15:00	Free Time





TRIP ITINERARY

Day Five

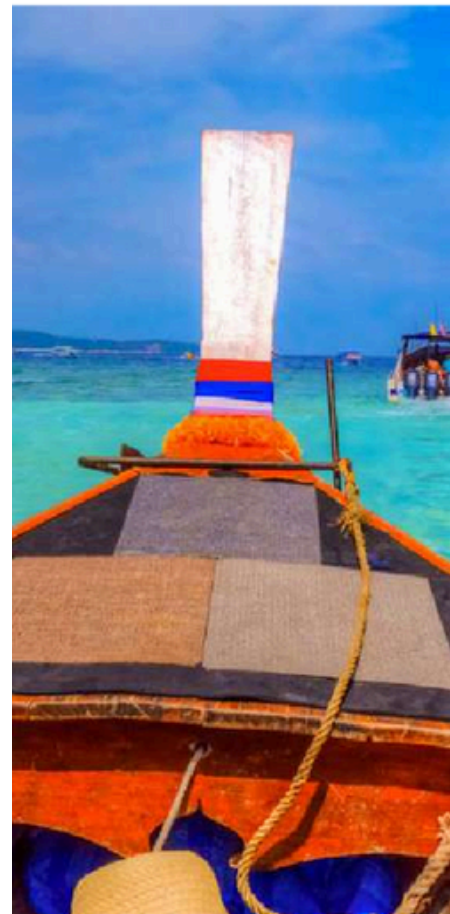
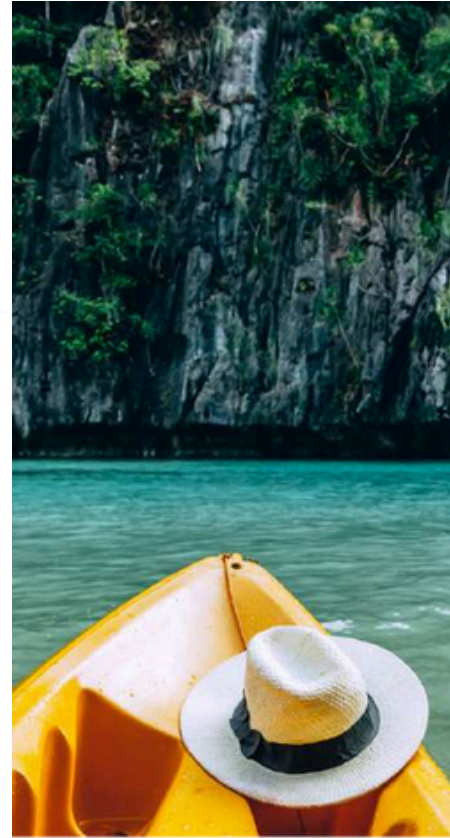
Farewell Day

7:00 - 8:00	Yoga
8:00 - 9:00	Breakfast
9:30 - 13:00	Free Time or Add-on (Quad Bike)
13:30 - 14:30	Depart to picturesque spot, Maa Doo Bua, Phuket (optional)
14:30 - 17:00	Maa Doo Bua, Phuket (optional) / Free Time
17:00 - 18:00	Depart to the Farewell Dinner Venue
18:30 - 20:30	Reflection & 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 Five 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:

- **Yoga & Meditation**
- **Mindfulness**
- **Nature & Culture Exploration**
- **Female 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**

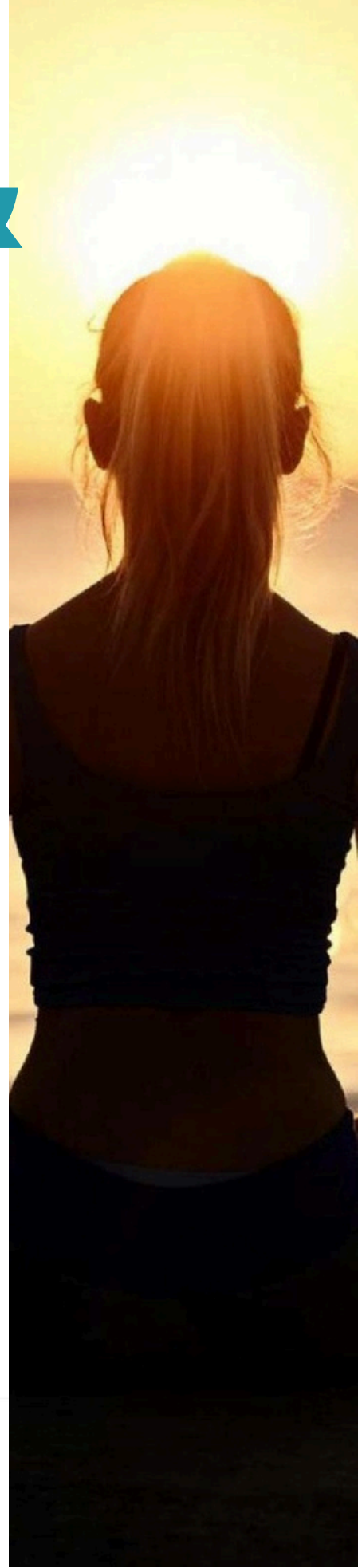
This yoga practice helps relieve stress, increases flexibility, calms the mind, and strengthens the body.

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

Group (3+) Discount

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 \$696 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 Wellness Retreat Villa



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
- ☐ Under wear
- ☐ 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.

■ Wellness Villa

508 USD	Upgrade to Single Room Standard
914 USD	Upgrade to Room with Pool Access
203 USD	Extra Night Stay (Standard Option)





EXPERIENCE *Thailand* TOURISM ADD-ONS

Decorative geometric patterns in Thai style



QUAD BIKE



▶ **\$80** USD ◀

Quad Bike Adventure will make your lay more impressive. On this bike your, drive your own ATV and venture off-road to see different side of Thailand, 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 scenery of Thailand. Enjoy the craggy cliffs and clear waters, stroll up to new and greater heights and relax on the sands of the beautiful beaches.

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

