



# Thailand

WELLNESS TRIP





# CONTENTS

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



# TRIP ITINERARY

## Day One

### Welcoming Induction

- 14:30 - 16:00 Grounding, Welcoming Ceremony and orientation
- 17:45 - 18:15 Sunset ceremony at the beach front
- 20:00 - 21:00 Welcome Dinner at the Hotel

## Day Two

### Finding Inner Peace

- 07:00 - 08:00 Hatha Yoga
- 08:30 - 09:30 Breakfast
- 10:00 - 13:00 Ice Bath and Breathwork
- 13:30 - 14:30 Lunch
- 15:00 - 19:00 Consultation and Healing Session
- 16:00 - 19:00 Spa & Massage Treatment session
- 19:30 - 20:30 Dinner





# TRIP ITINERARY

## Day Three

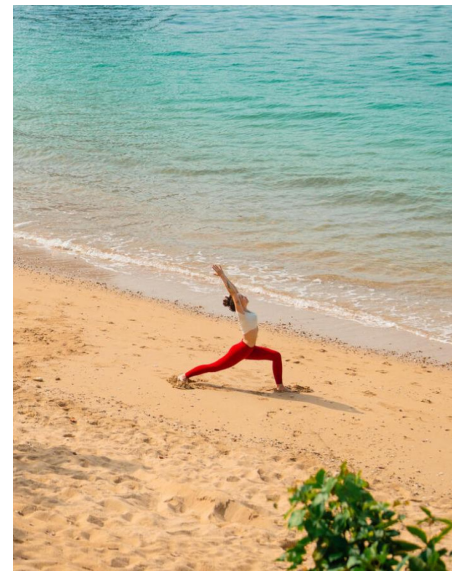
### Self Reflection

- 08:00 - 09:00 Hatha Yoga
- 09:30 - 10:30 Breakfast
- 11:00 - 12:30 Thai Cooking Class
- 12:30 - 13:30 Lunch
- 14:00 - 15:00 Naka Garden Tour
- 16:00 - 17:00 Kayaking at mangrove The Naka Island
- 19:00 - 20:00 Dinner

## Day Four

### Release Stress

- 07:00 - 08:00 Yoga
- 08:30 - 09:30 Breakfast
- 10:00 - 11:00 Herbal Thai Tea Workshop
- 11:30 - 12:30 Lunch
- 14:00 - 19:00 Patong Beach
- 20:00 - 21:00 Dinner at Hotel





Day Five

## Escape to the wilderness

- 07:00 - 08:30 Grounding walk, yoga and women circle
- 08:30 - 09:30 Breakfast
- 09:30 - 12:30 Giving
- 12:30 - 13:30 Depart back to the hotel
- 13:30 - 14:30 Lunch at the hotel
- 14:30 Free Time (Add-ons)

Day Six

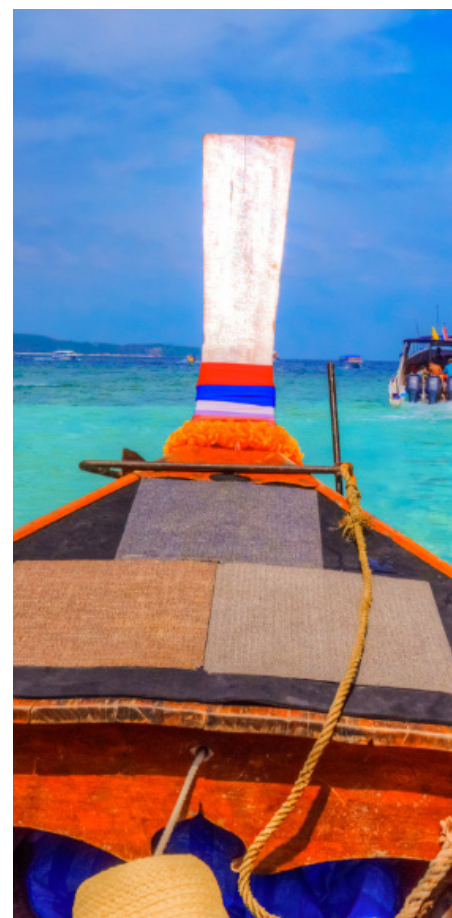
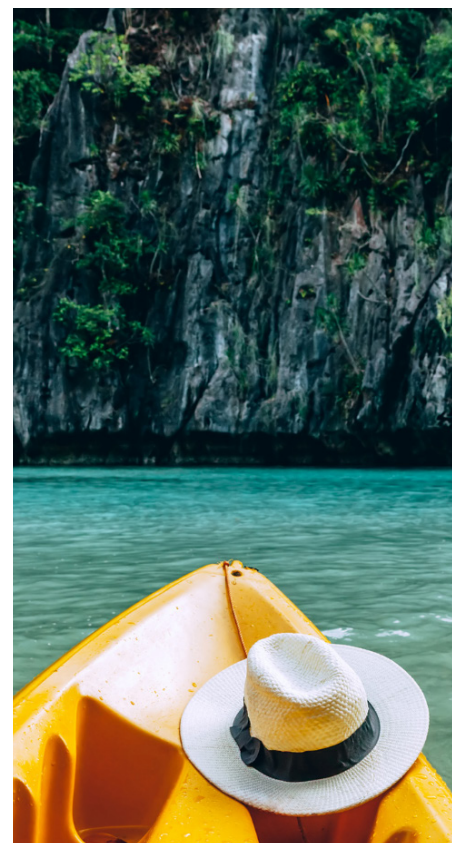
## Farewell Day

- 08:30 - 09:30 Breakfast
- 09:30 - 13:00 Free Time
- 13:00 - 14:00 Lunch
- 14:00 - 16:00 Free Time
- 16:00 - 17:00 Depart to Farewell Dinner Tunk Ka Kafe
- 17:00 - 20:30 Reflection Session and Farewell dinner
- 20:30 - 21:30 Back to Hotel

Day Seven

## Departure Day

- 08:00 - 09:00 Breakfast
- 11:00 Checkout





# 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 ready that are ready to you teach all levels of abilities. Wellness program includes:

- **Wellness Consultant**

You will have a one -to- one session with the wellness instructor 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.

- **Break Work & Ice Bath**

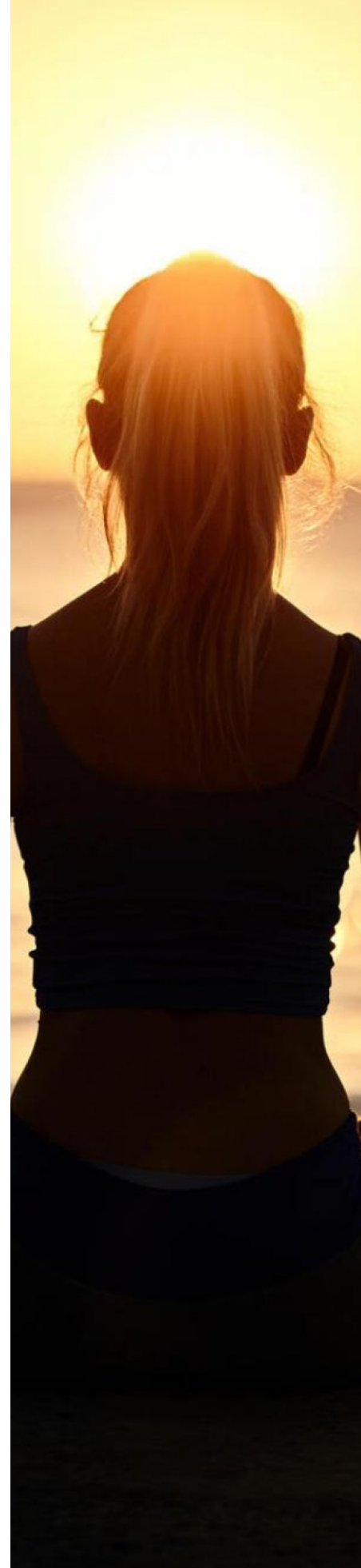
Ice baths are linked to several health benefits. People take ice baths to increase their health and overall wellbeing. You can easily experience the power of the cold yourself by incorporating the Wimhoeff method into your daily life. Many people from all over the world are already using this method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

- **Healing Energy 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. During the session, you will be guided through tapping on various meditation points around the body while focusing on the issue you would like to solve.

- **Sound Healing Yoga Session**

This yoga session will help you become more open and aware of each sound that comes in. In this practice, sound helps create the pathway to this place of stillness the same as a mantra helps you to arrive at the still point of meditation.





# 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](mailto: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 (HKT)  
and other transportation



General tourist  
attractions



Two meals per day  
(Breakfast and Lunch)



Special Welcome  
and Farewell dinners



24/7 in-country local  
NomuHub staff support

## EXCLUSIONS



Flight  
Tickets



Personal  
spendings



Daily  
dinners



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 the trip duration, and if you wish to upgrade to a single room please find the below for following upgrade prices.

## ■ **The Naka Island**

Luxury Collection Resort & Spa - Phuket.

**720 USD** Room upgrade

**65 USD** Extra night stay



# THE NAKA ISLAND







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

