



Let Go

FINDING EMOTIONAL BALANCE & FREEDOM RETREAT
WITH KAMALAYA LIFE ENHANCEMENT MENTORS



feel life's potential

ABOUT THE RETREAT

With over four decades of collective immersion in monastic life and study in India, Kamalaya's Life Enhancement Mentors are experienced teachers deeply rooted in ancient Asian philosophies and sacred practices. Within an intimate group of no more than 12 participants, you will explore emotional patterns and cultivate more conscious, effective ways of responding to life's challenges.

This retreat offers a meaningful opportunity for those seeking deeper self-connection, greater emotional balance, and more fulfilling relationships. Healing wellness treatments gently support the inward journey by nurturing and restoring the physical body, allowing the inner work to unfold with greater ease and presence.

RETREAT INCLUSIONS

- Roundtrip transfer from/to Samui International Airport and a wellness gift bag
- Six nights' accommodation
- Full board of Kamalaya inspired healthy cuisine
- All beverages, excluding imported drinks and alcohol
- Five morning group sessions and five afternoon group sessions
- One Wellness Consultation
- One Body Bio-Impedance Analysis
- One 90-minute Personal Mentoring Session
- One 60-minute Traditional Asian Foot Massage
- One 60-minute Traditional Asian Hand Massage
- Choice of one 60-minute Vital Essence Oil Massage or one 60-minute Traditional Thai Massage
- One 60-minute Indian Head Massage
- One 60-minute Chi Nei Tsang
- 20% discount on additional wellness treatments (excluding Visiting Practitioner sessions)
- Optional holistic activities and classes

RETREAT DATE

14 - 20 September 2026

PRICE

Starting from 167,197 THB for single occupancy or 294,974 THB for double occupancy in a Hillside Room.

Spaces are limited, to make a booking please email reservations@kamalaya.com
or visit kamalaya.com/emotional-balance-retreat