



BALANCE RETREAT

FAASAI RESORT & SPA, THAILAND

NOVEMBER 16-22, 2018

Hello Whole & Happy Souls!

The two of us are overjoyed to have you joining us on retreat in Thailand - this country is incredible and the perfect place to retreat, inspire, and connect. We couldn't be more excited to meet your sweet faces and help you discover your happy place through yoga, meditation, nature, good food, and good company.

To read a little bit more about the mission behind Whole & Happy Retreat, visit our [website](#).

We can only imagine that you have lots of questions about your upcoming retreat, so we've put together a package of information to get you prepared. If there's anything we forgot to mention, please feel free to drop us a line.

MEET THE WHOLE & HAPPY TEAM

Whole & Happy was founded by Rosie and Natasha, two yoga teachers from opposite sides of the world who longed to create the kind of yoga retreat that their fellow yogis, outdoorsy brothers, and wine-loving non-yogi best friends would all want to go on. A retreat designed for open-minded men and women of every age who recognise the value of investing in themselves in order to contribute positively to this world.

In early 2016, co-founder Rosie stumbled upon a beautiful eco-resort off the beaten path in Thailand, nestled between the forest and the sea. She arrived with a head full of worry and a heart full of uncertainty, however, just a few weeks surrounded by nature, kind-hearted people, rest, movement, nourishing food, and fresh sea air allowed her to achieve an internal peace. She spent her days cycling alongside coastal pathways, practicing yoga to the sound of exotic birds beside the tranquil infinity pool, and laughing with locals as she learned the ins-and-outs of organic peanut farming. She experienced an indescribable feeling of coming home, returning joyfully to her whole and happiest place. It was from this feeling of complete trust and acceptance, and upon these resort grounds, that the first Whole & Happy Retreat was hosted; a fun-loving yet powerful retreat focussed on the balance between practice and playfulness, the wonder of nature, and yoga for the soul - not just for the body.

Within one week of retreat, the thoughts, appearance, and intentions of each guest transformed. These positive changes were based on three pillars of the Whole & Happy experience - retreat, inspiration, and connection. It's within the act of physically retreating that one allows themselves to be seen more clearly; stepping outside of the normalities of a routine life, defying comfort zones, and removing distractions. From this authentic place, one can begin to connect and seek inspiration from nature, from the people around them, and from within. Identifying core values and what exactly it is that makes each of our hearts the most fulfilled is the place from which we find our whole and happiest selves and begin to cultivate a life that enriches and inspires others.

In witnessing the transformative power of retreat, Rosie and Natasha committed to the delivery of their program internationally, partnering with eco-conscious resorts, distributors and manufacturers in Thailand and Portugal who share their same deep-seeded love for the planet. In recognising the potential to make lasting positive impact on the lives of others, the girls felt inspired to create a 30-day online retreat; making the potential for transformation accessible to everybody from the comfort of home in 2018. This 30-day online retreat program will be found exclusively through www.wholeandhappyretreat.com.

[Watch our "Meet The Team" Video](#) to get to know us, your hosts, a little better.

MEET ROSIE

Rosie was born and raised on a farm in rural New Zealand, which instilled in her from an early age a love for the outdoors. She fell madly in love with yoga as a teenager as a practice of self-acceptance, kindness to herself and to others, mindful movement and a return to what is truly important in this life - each and every day. Rosie has spent the past five years working and travelling in Southeast Asia and Europe in the wellness, adventure tourism, and retreat industries; gaining experience and inspiration from different parts of the world and different approaches to wellness. She is a qualified and experienced yoga teacher and Thai massage therapist, with experience teaching globally, including New Zealand, Australia, Southeast Asia, Ireland, Croatia, Portugal and Austria.

She believes that yoga is about laying the foundations for a whole and happy life on the mat, during practice, and then taking that out into the world - yoga is what we put in our bodies, the people we surround ourselves with, the values we hold, our intentions, and how we interact with the world. Rosie's classes focus on the breath and awareness, and she incorporates dynamic and restorative poses to enable people to see the perfect balance that exists within all of us. Rosie is a fun-loving kiwi and always encourages people not to take themselves too seriously in their yoga practice. Whole & Happy Retreat is her heartfelt contribution to the world, her baby, and she can't wait for you to discover your happy place, however that may look or feel for you.

"If you think good thoughts, they will shine out of your face like diamonds, and you'll always look lovely."

MEET NATASHA

Natasha is a small-town Canadian girl with a deep-seeded heart for adventure. She currently resides in Southeast Asia where she balances her time between instructing yoga, writing, biking and exploring the magnificently rich and vibrant culture of the East. She transformed her passion for yoga and meditation into a career in 2015; completing more than 500 hours of training in both Nepal and India with advanced education in Yoga as therapy for systemic disease.

Natasha has been fortunate enough to share her teachings at five-star resorts and retreat centres around the globe; allowing her to gain boundless experience in her field and introducing her to a plethora of incredibly special humans. In 2016, while working as a yoga instructor and retreat host at Hariharalaya Retreat Centre in Siem Reap, Cambodia, Natasha was introduced to Rosie. For months the girls worked and lived alongside each other, developing a sister-like bond and dreaming about a future filled with yoga, happy hour cocktails, dancing, and beautiful sunsets! In November 2016, Whole & Happy was born and has since become an international venture with transformational retreats hosted throughout Southeast Asia and Europe.

Natasha believes in a yoga that is more than standing on ones' head or being able to touch fingers to toes. She feels that the true power of yoga lies in the ability of the practice to unify and cultivate authentic connection. Using yoga as a means to unveil layers of protection, create space where we once were stuck, embrace the present moment, and return to a mindset that encompasses rather than excludes.

“The secret to having it all is realizing that you already do”

RETREAT SCHEDULE

Day 1: Surrender

Afternoon/ Evening Arrival at Faasai
Restorative Yoga Practice
Family Dinner

Day 3: Creativity

Morning Practice
Brunch
Free Time
Smoothie & Snack
Cooking Workshop
Evening Practice
Creative Activity

Day 2: Gratitude

Morning Practice
Brunch
Herbal Garden Tour
One-on-One Meetings
Smoothie & Snack
Group Trip to Local Market
Evening Practice
Family Dinner

Day 4: Nature

Sunrise Salutations at Viewpoint
Brunch
Free Time
Organic Farm Tour
Sunset Practice
Family Dinner

Day 5: Self Love, A Day of Silence

Morning Practice
Brunch
Free Time
Smoothie & Snack
Walking Meditation
Evening Practice
Family Dinner (Silence Broken)
Dance Meditation

Day 7: Renewal

Morning Practice
Closing Circle
Farewell Brunch
Packing & Departures by 12pm

Day 6: Connection

Morning Practice
Brunch
Cycle Trip to Chao Lao Beach
Picnic
Final Dinner at Kung Wiman Beach with Faasai Staff

GETTING HERE

- Faasai Resort and Spa is located 220 kilometres southeast of Bangkok, about three hours drive by car. The nearest airport is Suvarnabhumi (BKK), Bangkok's international airport, which has five buses travelling directly to Chanthaburi daily. Regular bus and minivan services depart almost every hour from Bangkok city (Mo Chit and Ekamai Stations); schedules can be confirmed online closer to arrival dates.
- Buses to Chanthaburi depart from the airport at 8.10, 15.30, 16.10, 16.55, 18.40
The information desk at the airport will be able to direct you to the bus terminal.
BKK's airport extension for more information is 9907.
- From BKK, a commuter train at arrival level 2 transports to the city centre. Travel time is approximately 30 minutes for the airport link to connect with both the Subway (MRT) and Skytrain (BTS) systems in Bangkok. Buses and mini vans depart most frequently from Ekamai Bus Terminal, which is easily accessed from the BTS: Station Ekamai. Tickets to Chanthaburi can be purchased directly from the counter upon arrival for less than \$10USD.
- For added freedom and independence, there is the option to rent a car and drive to Chanthaburi on your own. If you are driving from Bangkok, take the eastern motorway to Bang Na, then Ban Bueng before turning into highway 344 to Klaeng and Chanthaburi. At Klaeng turn left into highway 3 and then 32 kilometres past Klaeng turn right into highway 3399 which will take you to Kung Wiman beach. You will see Faasai on the right 300 metres before you reach the sea. The address is:
Faasai Resort and Spa, Kung Wiman Beach, 26/1 Mho 7, Sanamchai, Nayaiarm, Chanthaburi, 22170 .
- Alternatively, we can arrange for a taxi pickup from the airport upon your arrival with transport directly to Faasai Resort. The cost is 3000 Baht (approximately 100 USD) and the duration is approximately 2.5 hours. Please let us know in advance if you would like a taxi pickup, as we will require your flight details.

FAQ's

What type of meals will be served on the retreat?

Faasai's in-house chef, Sura, will be cooking incredible vegetarian Thai-style meals for the duration of the retreat. Post-practice brunch is a buffet affair, with a different hot meal each morning accompanied by continental options such as: fresh fruit from the organic gardens, yogurt, coconut milk, local coffee, herbal teas, eggs, french toast, pancakes, etc. Early afternoon we offer a healthy fruit smoothie with a snack, and the evening meals vary between a specialty menu of Pad Thai, green curry, pineapple fried rice, papaya salad, massaman curry, and the infamous mango sticky rice! You won't go hungry, and we promise your tummy will be happy! Bananas, tea, and coffee will be available prior to morning practice in case you need something to keep you going.

We can accommodate any special dietary requirements with advance notice.

Is there Wi-Fi?

Yes, wifi is available in common areas and within guestrooms. However, we encourage taking this week to disconnect from social media in an effort to deeper connect with yourself. Stay in touch with your family and do what you need to do, but consider that the more you put into this experience, the more you get out of it!

What are the amenities at the resort?

Faasai Resort & Spa has three large villas (each with two private ensuite rooms) and four private ensuite bungalows. Each room is equipped with air-conditioning, hot water, a fridge for storing snacks and drinks, a TV, tea and coffee making facilities, a cozy bed, and an open air balcony. On the premises is an infinity swimming pool with sun loungers, a spa house for treatments and massage, organic herbal gardens, a volley ball net, a trampoline, and an indoor air-conditioned space for

dining and evening practices. Bicycles are available for day-use to explore the surrounding area. Fresh, filtered spring water is accessible at no additional charge throughout the day and night. Faasai Resort is located within 5 minutes walk from Kung Wiman Beach; a small seaside village with a selection of local seaside restaurants, viewpoints and incredible sunsets.

Do I need to bring my yoga mat?

If you have a mat you enjoy practicing on, by all means bring it along with you. Otherwise, a mat and bolster will be provided to use for the duration of the retreat.

What is the weather like in Thailand this time of year?

November is a beautiful time to be in Thailand! The weather is hot and sunny most days. It is always a good idea to bring tropical strength insect repellent, and something to cover up your shoulders and knees in the event of visiting Buddhist temples. Along the same lines; sunscreen, a hat, and loose, light, long-sleeved clothing to cover up in the evenings. We will be doing some gentle hiking in the area, so please pack comfortable shoes to walk in.

Packing List

- lightweight yoga/ exercise clothing that is breathable and comfortable
- light shawl and long leggings for early morning and evening meditations
- insect repellent
- sunscreen, hat, sunglasses
- walking shoes
- swimming costume
- books and podcasts for poolside entertainment!
- beach towel or sarong
- any medication/ dietary supplements you require
- raincoat
- a reusable drink bottle
- extra cash for small purchases (Thai baht)

How do I pay my remaining balance?

The remainder of your balance can be paid in cash in Thai Baht upon arrival. There is also the option to pay via PayPal, however this will incur a 5% fee. Additional expenses during the retreat include: alcoholic drinks, massages, onward travel from Faasai, and any other personal shopping.

Anything else?

In an effort to be kind to the environment, please pack a re-useable water bottle if you have space. Faasai Resort has a filtered spring water system available to refill bottles throughout the day and night.

Feel free to contact either us or the resort if you have any problems along the way.

Rosie's Mobile: (+66) 64 734 0017 Rosie's Whatsapp: +66 64 634 0017

[Faasai Resort \(66\) 039 417 404](tel:(66)039417404)

[Sittichok \(66\) 086-892 8659](tel:(66)086-8928659)

[Or email to info@faasai.com](mailto:info@faasai.com)

We wholeheartedly believe that a group of people on retreat are brought together for a specific reason, and we can't wait to see how the week unfolds. Most importantly, we can't wait to meet you! See you all very soon.

Much love,

Rosie & Natasha

Whole & Happy Retreat



www.wholeandhappyretreat.com

@wholeandhappyretreat