



PRIVATE WOMEN RETREAT

4 Days 3 Nights ~ Silent Retreat

Quiet down, listen to your breaths and experience the peace that is at the core of your being. Quieting the mind through dedicated periods of silence can provide a meaningful way to connect to your true nature. Silence will rise spontaneously within the space of silence. Let this silent retreat begin to ground the silence within you. Experience the magic of spending time alone and connecting deep within without any facilitators.

Includes

- 3 Nights Accommodation
- 3 Herbal Steam Sauna
- 3-Day Vegetarian Meal
- 1 Zen Mandala Colouring Book
- 1 Set Colouring Pencil
- 1 Self-Journal Book

April / May / June / September

THB 19,800
(Excludes 7% VAT Tax)

