



CHAI TALAY
RETREATS

Wellness & Fitness Retreats

Chai Talay Estate, Koh Samui, Thailand

Wellness & fitness retreats at Chai Talay Estate



Chai Talay Estate is the perfect a venue for fitness and wellness professionals to host a retreat. Our experienced retreats team can also design, plan, organize and run a retreat for you. Whether you are looking to host a 12-person yoga retreat, a fitness retreat for 40, or even a 'get-away-from-it-all' retreat for 6 busy executives, this stunning beachfront estate on the tropical island of Koh Samui, Thailand, has it all. Luxury beachfront villa accommodation, full fitness facilities, nutritious organic food prepared by in-house chefs, and a support team of additional fitness trainers, yoga instructors and wellness practitioners are all at your disposal.

With over 7 years of experience in fitness and wellness events, our retreats team guarantee an exceptional experience every time. We also offer a range of corporate retreat options for company events and business seminars with top-class meeting facilities, five-star beachfront accommodation, mindfulness workshops, yoga sessions, team-building boot camps and more.

Let Koh Samui's white sand beaches, year-round amazing weather and crystal clear waters provide the perfect backdrop for your next retreat. Contact us today at retreats@chaitalay.com



We've been hosting our retreats at Chai Talay for 7 years now - I wouldn't go anywhere else. The staff, service, food, accommodation, and location are simply the best.

Nate Solia
Elite Personal Training, Hong Kong





CHAI TALAY RETREATS

RETREAT ORGANISERS

Our clients are welcome to host their own retreat using Chai Talay Estate as their preferred venue.

Clients requiring the management services of Chai Talay Retreats will be subject to a management fee. This fee covers organisation and management of your entire retreat, from your meals to any additional activities like boat trips or diving.

Your retreat. Our management team. Simple.

Luxury accommodation in idyllic surroundings



Retreats take place at the award winning Chai Talay Estate, an exquisite, privately owned estate comprising 3 luxury villas situated on 100 metres of breathtaking beachfront. Sitting amidst lush tropical gardens the Estate has an iconic view of the outlying islands.

The 3 villas - Baan Kilee, Baan Puri, and Baan Ora Chon - have flexible configurations across 17 en-suite rooms, sleeping up to 40 and lending themselves perfectly to retreats booked for groups, couples or single guests.

For pictures and more detail on the accommodation, visit www.chaitalay.com.



OUTSTANDING FACILITIES

Chai Talay Estate houses three pools, massage decks, an exercise room, indoor & outdoor cinemas and high speed wi-fi.

PREMIUM ROOMS

All villas are equipped with everything you might need from premium toiletries, pool towels and dressing gowns to movies, books and music to ensure all downtime needs are covered.

OUTDOOR SPACES

Exercise classes make full use of the stunning outdoor grounds with classes planned on the expansive lawn, garden & grounds or on the white sand beachfront with morning/evening classes designed to make the most of Samui's stunning sunrises and sunsets.



A SHORT HOP TO PARADISE

Chai Talay sits on the south west of the island on Lipa Noi beach, just 30 minutes from Samui International Airport. There are direct flights from Hong Kong, Singapore, Kuala Lumpur, Bangkok, and Phuket.

The Estate's location gives it the perfect balance between tranquility and entertainment: the Estate is quiet from the hustle of the local bars and restaurants, but still accessible as they are only short walk away.

Fitness & wellness facilities



Chai Talay Estate boasts an impressive list of health and wellness facilities, which are second to none on the island.

- 3 large lap swimming pools
- 3 lawns for exercise, racquet sports, croquet etc outdoor exercise areas with trellis for TRX, boxing bags, boot camp
- 2 indoor spaces for yoga or fitness lessons
- Several lawns and decks perfect for yoga and classes
- 1 exercise room
- Fully equipped 400 sq metre world class gym with indoor air conditioned cardio zone and extensive outdoor functional training zone (Jan 2018)
- Kayaks & bikes
- Stand up paddle boards
- Volleyball & water polo
- Croquet & Boules
- Movie library (in-room / indoor & outdoor cinema)
- Table tennis



TRAINING IN NATURE

With beach yoga, bootcamp sessions, as well as runs and bike-rides through the local villages, you'll have ample opportunity to observe Koh Samui's local charm.



ULTIMATE RELAXATION

From hammocks and loungers on the beachfront, to our 3 beachside salas, we have a fabulous range of quiet spaces for mindfulness and relaxation.



PAMPER HAVEN

The tranquil secluded setting of Chai Talay Estate lends itself perfectly to relaxing massage and spa opportunities. These can be organised in-room, on the grounds, or externally.

World-class gymnasium coming 2018



Our new world-class gym sits in the middle of a one-acre landscaped tropical playground designed to host all forms of exercise classes and adventure pursuits. From yoga and meditation to bootcamp and TRX, the gym and its grounds boast unlimited and diverse uses, making them a large part of everyday life at your retreat.

The training gym features both an air-conditioned indoor gym and an undercover outdoor training gym extending to exercise terraces and lawns.

This new dedicated site sits conveniently within the extended grounds of the Chai Talay Estate and its 3 villas. All villa guests retain some dedicated useage to the gym.



INDOOR AIR-CONDITIONED GYM

This 180m² section of the gym is equipped with cardiovascular and sectorized strength training equipment, racks of dumbbells and ample floor space - ideal for individual training and small group work.



UNDERCOVER GYM

This 220m² section of the gym boasts an Escape Rack with four squatting stations, Torque Monkey Bar Rack, Impulse Power Racks, Weight Plate Racks with Bumper Plates up to 20kg, vert balls, swiss balls, battle ropes, and much more.



GYM TERRACES AND LAWNS

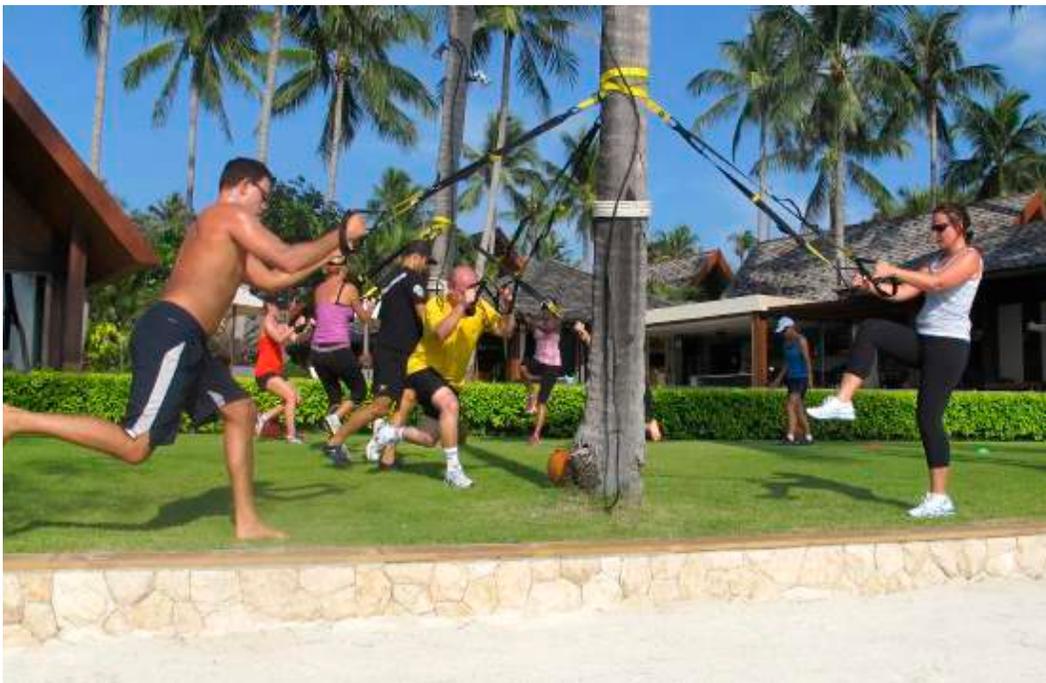
The indoor covered area extends to the surrounding terraces and lawns, to allow for large group functional training and bootcamps. We can accomodate groups of up to 50 with ease.



REST & RELAXATION THAT'S OUT OF THIS WORLD

We understand the importance of rest time during the retreat and have a host of indoor and outdoor rest, relaxation and chillout facilities.

Group workouts



Individual training



Sample itinerary



Retreats take many forms and can be as relaxed or action packed as you require.

ARRIVAL DAY

13.00 - 14.00	Lunch on Arrival
15.00 - 17.00	SMART goal workshop ; goal setting sessions 1 on 1
15.00 - 16.00	YOGA foundations class (for beginners)
16.00 - 16.30	30 minute led meditation
17.30 - 18.15	Practical Trigger Point Workshop
19.00	Welcome Dinner and Retreat Briefing

SAMPLE DAY

06.00 - 06.30	Juice and Fruit for early risers
06.00 - 07.30	YOGA foundation class (for beginners) Bao or Yoga and stretch
07.30 - 08.30	SMART goal setting sessions 1 on 1 (10 mins each)
07.30 - 09.00	Wellness Breakfast a la carte
08.30 - 09.00	Retreat briefing (working breakfast)
09.45 - 10.00	TRX usage briefing (for beginners)
10.00 - 10.45	TRX Cardio OR Pilates (core)
11.00 - 11.45	TRX Cardio with Nate OR Pilates (core)
12.00 - 14.00	Arrivals lunch (BPI)
14.30 - 15.15	Intro to boxing for beginners
14.30 - 15.30	Box Fit
16.00 - 17.00	Aqua Fit OR Boxing circuits
17.30 - 18.30	Partner Boot Camp - HIT circuits
19.00	Canapes and supper at BLE

FINAL DAY

06.00 hrs	Juice and Fruit for early risers
06.00 - 07.30	Yoga
08.30	Tabata or Bootcamp TRX
07.30 - 11.00	Breakfast, pack, check-out, SMART goals review
10.00 - 11.00	Boxing with K Eat, Boxing



Class descriptions



All these classes are bookable as part of any fitness retreat and are run by our network of local Samui trainers:

LOW INTENSITY

- YOGA STRETCH:** You will be stretched out yoga style.
- YOGA STYLE WORKSHOP:** Why we should do yoga and its purpose.
- YOGA MEDITATION:** Relaxing the body and the mind to full unwind and really tap in to the yang of the body.
- STRETCH IT OUT:** Covers variations on stretching, when to stretch and which type should you perform before, during & after exercise.

MEDIUM TO HIGH INTENSITY

- ADVENTURE BOOTCAMP:** This offsite bootcamp is a chance to train outside of the villa.
- GROUP CHALLENGE:** This group program pits you against other teams to complete a myriad of timed challenges.
- TABATA:** Session using the TABATA method - high intensity, full body workout with short sharp bursts and little rest time.
- TRX STRENGTH:** Using your bodyweight and TRX Suspension system you will be building strength through major muscle groups.
- CARDIO & CORE:** Combo of these two disciplines to make you burn and keep your heart rate high.
- TRX CARDIO SESSION:** Using the TRX Suspension System and a myriad of cardio based stations. (Heart rate aim - 125-155bpm)
- TRX ADVANCED CIRCUIT:** An intensive TRX circuit session.
- BOOTCAMP TRX:** Circuit stations with TRX suspension straps for a total body resistance. Total body workout.

HIGH INTENSITY

- BOXING CIRCUITS:** Cardio boxing circuit combining kicking, punching, skipping and jumping.
- MUAY THAI BOXING:** Train with a genuine Muay Thai Boxer.
- BOX FIT (2):** You will have the opportunity to train 1 on 1, as well as to practice your technique and boxing drills.
- STRONGMAN BOOTCAMP:** Lifting, carrying, dragging. It's designed to pit you against yourself to beat the timer on every exercise.
- TOTAL BODY CIRCUIT:** A fun circuit with varying levels.

Class descriptions



All these classes can be organised for any retreats, international trainers are brought in for them (minimum 3 days):

LOW INTENSITY

- SURVIVOR CHALLENGE:** You will work together to complete station tasks and a series of team based challenges, looking for clues, etc. This class is compulsory.
- AQUAFIT(2):** A pool session with Marco will create great toned muscles without the impact. Use your hands, legs and core with various movements.

MEDIUM TO HIGH INTENSITY

- TRIPLE THREAT CIRCUIT:** A great mix of cardio, core and strength training.
- PARTNER CIRCUIT CLASS:** Grab a partner and away you go! A fun session working with a partner to help you complete each activity.
- BOOTY WORKOUT:** An intense leg and butt session for toning.
- DYNAMIC MOVEMENT:** This class will put your body through all different types of planes of movement and challenge a myriad of directions and speeds.
- RUNNING BOOTCAMP:** Running technique that puts less stress on your knees and lower back. You will get to practice with time trials to give you that little push.
- AQUA FIT(1):** A circuit of 12 stations. Uses the natural resistance of water to strengthen both muscle and the cardiovascular system.
- BOX FIT (1):** This is a high-energy workout that incorporates solid pad work, conditioning, functional and circuit training.

HIGH INTENSITY

- AQUAFIT(2):** A pool session with Marco will create great toned muscles without the impact. Use your hands, legs and core with various movements.
- HIGH INTENSITY CIRCUITS:** Circuit-based workout to challenge your Anaerobic threshold. Push to perform more than you think you can do with long rest periods.
- RUN & BOX BOOTCAMP:** It is just that. You will have half the lesson of continuous running and then boxing to finish off with.

Exceptional food & beverage



The daily menu reflects our exceptional, world class standard. We deliver health in nature using the best of the island's local produce, both organic and hydroponic.

Each villa has a dedicated chef and we offer the choice of an exquisite a la carte menu with Asian and Western choices or a pre-planned menu based on a fixed price per head.

Some of our most popular menu choices are:

- Seafood buffets
- Beachside barbecues
- Energizing power breakfasts
- Wellness menus



SUMPTUOUS BUFFETS

We provide a buffet of fresh fruit, vegetables, juices, meats and cheeses, all from local organic farms. Our in-house chefs also prepare homemade breads and yoghurts. We pride ourselves on the quality of our food.



KOMBUCHA, KEFIR & HEALTH DRINKS

We serve home made kombucha and kefir, which have a host of health benefits and taste fabulous. Daily green juices are available as well as homemade soy and almond milks that are freshly made inhouse.



FLEXIBLE DINING OPTIONS

Chai Talay has a range of flexible indoor and outdoor dining options. Overlooking the pool is a dining kitchen which seats 20, in addition to formal dining that seats 60.

Fine, organic food, sourced locally



Outstanding staff & services



Our dedicated estate team guarantee five star service. The team includes villa managers, an F&B Director, in-villa chefs, a housekeeping team, and in-villa masseuses. We also have a driver, fully trained butlers, and a full service concierge team should you desire.

Our staff work with one simple objective: to provide exceptional service and ensure your event is truly unforgettable. All of your needs will be attended to.

Nothing is too much for this outstanding team.



PRIVATE CHEFS

Each villa has a dedicated chef. From BBQs to fine formal dining, your chef will work with you before and during your retreat to deliver your dream menu throughout your stay.



AWARD WINNING STAFF

Staff at Chai Talay Estate are part of a professionally trained award-winning team, recommended by Trip Advisor and overseen by an established management team.



PAMPERED BY PROFESSIONALS

Available for those who really want to make the most of their downtime, we can work with you to organise a range of pampering and spa experiences.

Accommodation site map



Chai Talay Estate can extend to include several other villas on the same beach, with one of our preferred partners being Waimarie which offers an on-site tennis court.





JOIN US IN PARADISE

We would be delighted to discuss how we can help host or organize your next retreat.

Contact us today.

✉ retreats@chaitalay.com

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