



Chi Retreat (4 days 3 nights)
Available from 1st -10th and 20th-30th of each month

Taking a Retreat provides a great chance to unwind and connect with your inner self. An ideal retreat at Sukkasart is a perfect opportunity to take a break and touch base with yourself, enjoying the simplicity of your own moment. Thus we do not emphasize on group retreats but rather pay attention to customizing each individual's personal retreat based on your own individual requirements. You may join the group workshop if you wish, but the rest of the programme is based on your customized plan. Prior to joining the retreat you will have a holistic consultation to plan your programme during your stay, and guide you to get the best out of your own retreat.

Day 1	Unwinding
9.00	Introductory to retreat
9.30	Holistic Consultation
10.30	Healing treatments
16.00	Healing Sounds and Meditation
Day 2	Rising
8.00	Chi Movement
10.30	Healing Treatments
16.00	Posture Awareness
Day 3	Revitalizing
8.00	Chi Movement
10.30	Healing Treatments
16.00	Meditation as self practice
Day 4	Maintaining
8.00	Chi Movement
10.00	Question& Answer

Treatments included:

(1) Crystal Oil massage (80 minutes)

The art of warm aromatic Crystal oil massage that uses scent and natural Crystal vibration to calm the mind and body, the heat would help the aromatic oil to penetrate

the body and reduce muscle tension and promote proper circulation and a better state of relaxation. (Please choose the oil of Ruby, Emerald, Aquamarine, Amethyst and Citrine)



(1) Facial (60 minutes)

Enjoy the royal silk cocoon, that provide natural sericin which contain eighteen essential amino similar to natural moisturizing factor to our skin, silk has been use for indigenously to nourishing the skin complexity.

(1)ZenNaTai (60minutes)

An ancient therapeutic medical massage treatment working through the abdominal area - the center of chi or energy flow in the body, and chest area for improving digestion and breathing qualities, including head and scalp to release cranial tension and improving concentration, this treatment stimulates the lymphatic flow, helping to detoxify the body getting rid of toxins and negativity, brings comfort and relief to the abdomen, induce the deeper state of relaxation and peaceful mind

(1)Reiki Healing (60 minutes)

Experience the connecting vibrational energy that moves within and around you. This treatment will help analyze any deficiencies and balance the body's energy field to promote a sense of vitality. This is a very empowering treatment and may help in many areas of your life.

Total package for treatment is 9,000 BHT per person; this is excluding accommodation and meal.