

ACTIVE ADVENTURE RETREAT

TRAINING/ENERGY/ADVENTURE/FOOD

KOH SAMUI
THAILAND

TRAVEL. NOURISH. TRAIN. EXPLORE.

Join me on the magical island of Koh Samui, Thailand for the experience of a lifetime. From your arrival to departure expect to transform your mind, body & soul.

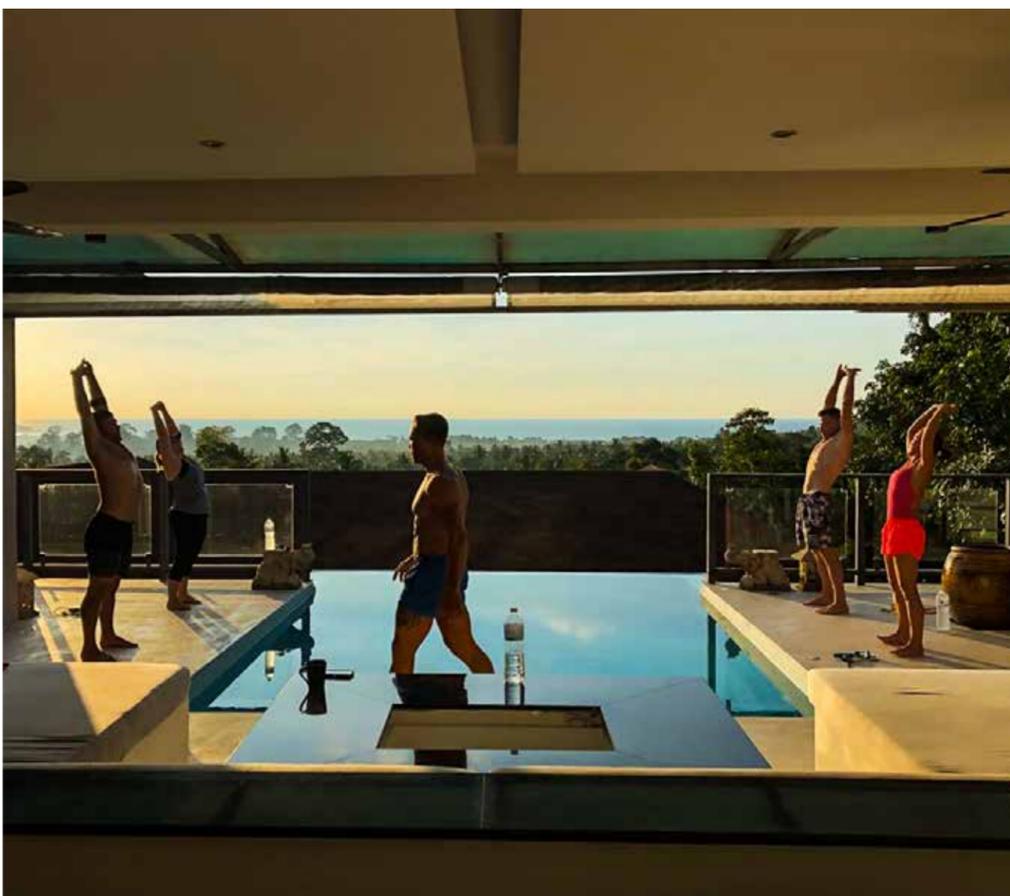
This is an action packed retreat, which brings together peak energy, activities, training, world-class food and accommodation. I am your energetic tour guide, coach and fixer who will make sure you have some of the most mazing times of your life.

THE EXPERIENCE

Your energy will be reinvigorated with a mix of strength training, yoga, jet skiing, paddle boarding, kayaking, cooking classes, trekking and much more. I want to share and show you this magical island that has given me so much back over the past 5 years. I will be your tour guide, coach and energy source as I connect you with activities, training, workshops and so much more!

These boutique retreats are setup throughout the year and are custom tailored for the client or client's attending. Please contact me if interested and I will let you know what's available and find the retreat that's right for you.

Limited spots available. Apply today!



ACTIVITIES



BOOKING INCLUDES

- . Luxury villa for 6 nights
- . Welcome pack . All gourmet meals prepared by our private in house chef . Mineral water
- . Training equipment . Transfers to and from airport . Daily training . Daily activities . Massage
- . Cooking class . Housekeeping services. Wifi



**SONNY BROWN
COACHING**

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