



# SUPERMOON *Retreat*

SEPTEMBER 26 - OCTOBER 1 2023

KOH SAMUI, THAILAND



## KOH SAMUI, THAILAND

"Simply paradise for travellers, wanderlusters  
& those seeking to reconnect with themselves.  
Where better to experience and absorb the  
transformative energy of the Harvest Supermoon  
in all its glory"

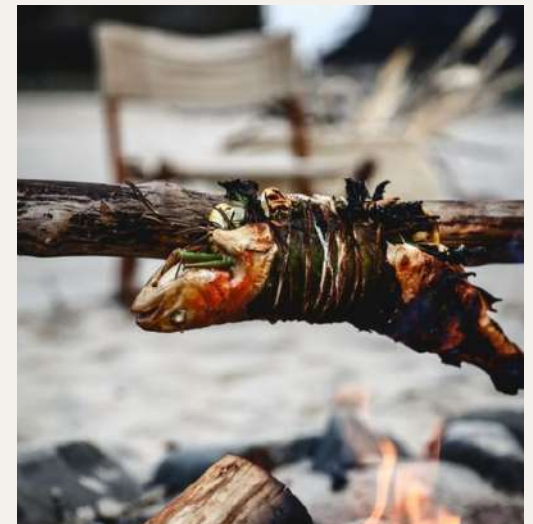


# THE FULL MOON GATHERING, REIMAGINED

Join us this September for a five-night, all-inclusive celebration of self-discovery under the Harvest Supermoon. Far from the typical wild full moon parties, here on the tranquil south of the island of Samui we will celebrate in calm, communion, relaxation and self-reflection, powerfully embracing the beauty and transformative potential of the supermoon as we work through each of our seven Chakras to strengthen our personal power and ultimate confidence.

Stay in an ocean-view suite and enjoy an alcohol-free all-inclusive wellness dining menu from our award-winning culinary team, with daily yoga, mindfulness, meditation, artisan shopping, plant medicine rituals and fitness classes by world-class instructors Gill Harper of Lululemon, Sonny Brown, Diëgo Pael and Carol Kandell and transformational sounds by Svetlana Kaivalya. Take time to explore this unique and tranquil part of Thailand and its culture while discovering deeper energies and tapping into new strengths and resilience. The Supermoon Retreat is a chance to revive and unmask oneself in a safe space, and in the most beautiful surroundings. Creating connection with fellow retreat guests, manifesting what were once dreams and finding yourself again - at The Beach Samui.

5 NIGHTS  
37,500THB  
(circa 1,000 USD)



[BOOK HERE TO JOIN US UNDER THE SUPERMOON](#)



# WHAT'S INCLUDED?

## COMFORT

5 nights & 4 full days  
Superior ocean-facing suite  
Return airport transfers  
Complimentary daily laundry

## CULTURAL EXPERIENCES

Temple meditation & Alms offering  
Longtail island tour  
Elephant sanctuary volunteering

## NOURISHMENT

3 x nourishing daily meals  
3 x daily healthful beverages  
Unlimited herbal infusions  
Unlimited filtered water

## TREATS

Vibroacoustic massage  
Plant medicine elixirs  
Reiki & massage  
Sound healing journey  
Keepsakes  
20% off all pre-booked in-suite Body Rituals

## SACRED EXPERIENCES

Guided Chakra, sun and moon meditations  
Moon & Sunrise Vinyasa and Yin yoga  
Journaling  
Group Mandala & Ceremonial Cacao  
Supermoon fire release closing ceremony

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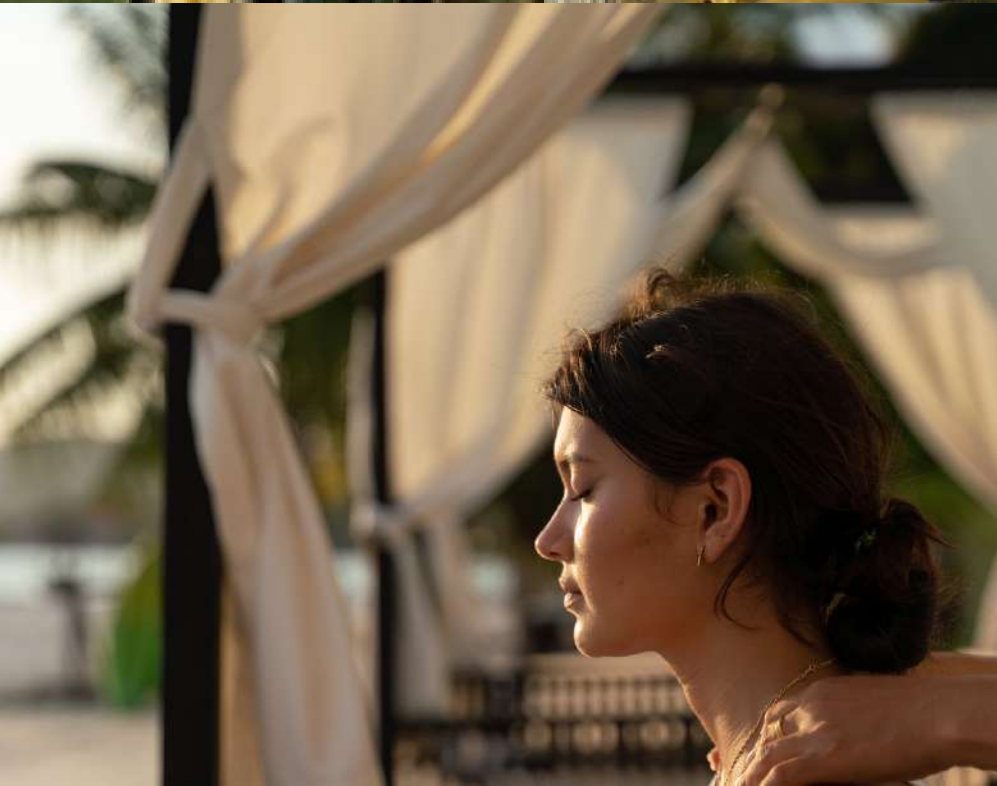


## THE BEACH SAMUI

Unrivalled views overlooking the archipelago that makes up Moo Koh Ang Thong, Thailand's protected National Marine Park









## THE BEACH SAMUI

Colonial suites with endless views, where comfort, elegance and relaxation meet



# FIND YOURSELF & OTHERS



"My dreams were surpassed by the beauty and magical energy of The Beach Samui, our retreat leaders and the wonderful team. My suite was exceptional and the program allowed me to finally disconnect and immerse myself in some wholesome experiences and a slower side of Thailand. I cannot recommend The Beach Samui enough as a place to retreat."



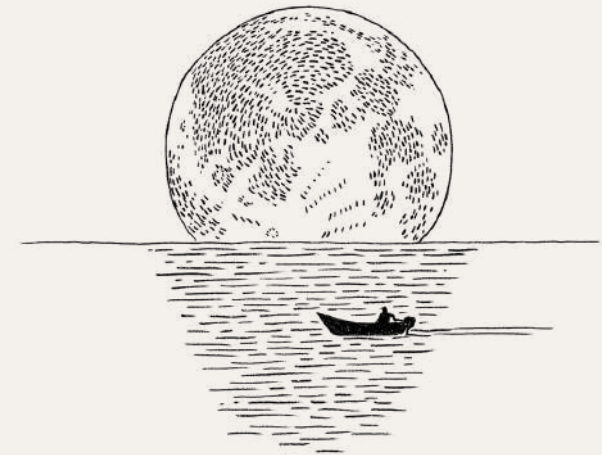
"This was my second time at The Beach Samui and each time I feel as if I'm coming home. This isn't a sprawling wellness resort but a small boutique wellbeing hotel where the team share a common interest in your health and you feel thoroughly taken care of physically, mentally and spiritually."



"The Beach Samui is a little piece of paradise where everything feels so personal. The suites are beautiful with the most heavenly views, the food is so well prepared, the rituals feel really special, practising yoga with that view is just such a treat each day and the team genuinely care for your wellbeing."

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— CARLY FERRIS





# OUR RETREAT TEAM



GILL HARPER  
RETREAT LEAD



CAROL KANDELL  
HOLISTIC COACH



SVETLANA KAIVALYA  
SOUND HEALER



FAIR SCHIVO  
FAIR ARTISAN STORE



AMY CORDEAU  
SACRED BODY RITUALS



DIËGO PAUEL  
BREATHWORK COACH



# HARVEST SUPERMOON 5-NIGHT PROGRAM

ARRIVAL DAY  
26.09.23

## ROOT CHAKRA

Presence

- Opening Grounding Meditation & Earth Energy Vinyasa Flow
- Healthful Moonrise Dinner on the Beach
- 20% off all pre-booked in-suite Body Rituals

DAY 1  
27.09.23

## SACRAL CHAKRA

Radiant Confidence

- Book Receiving & Sharing Circle
- 'Exploring Inner Landscapes' Energy Medicine
- Healthful Brunch
- Longtail Boat Adventure with Beach Power Yoga & Ocean Swim
- 20% off all pre-booked in-suite Body Rituals
- Smudge Ceremony, Sound Bath & Intention Setting

DAY 2  
28.09.23

## SOLAR PLEXUS

Personal Power

- Treetop Elephant Sanctuary Yoga Class & Time with the Elephants
- Healthful Brunch
- Sacred Space & Active Reflections
- 20% off all pre-booked in-suite Body Rituals
- 'Reclaiming your Power' Guided Meditation
- Journaling
- Beachside Sun Salutations
- Healthful Dinner
- Unmasking Ritual, Fire Ceremony, Drumming & Ecstatic Dance
- Fire Show

DAY 3  
29.09.23

## SUPERMOON

## HEART & THROAT CHAKRA

Speak Your Truth

- Yoga, Pranayama & Celebrating Gaia Meditation
- Healthful Brunch
- Alms Offering Workshop
- Sacred Space, Alms Personal Preparation & Journaling
- 20% off all pre-booked in-suite Body Rituals
- Local Artisan Moon Market
- Breathwork
- Early Healthful Dinner
- Watching the Rise of the Harvest Supermoon
- Supermoon Manifestation Ritual

## 🌕 HARVEST SUPERMOON CEREMONY

Ceremonial Cacao, Crystal Charging, Moon Water Blessing, Supermoon Salutations, Kirtan, Sound Bath, Vibro-acoustic Massage & Gongs

DAY 4  
30.09.23

## THIRD EYE & CROWN CHAKRA

Intuitive Connection

- Late Rise & Chakra Meditation
- Temple Visit & Buddhist Monks Blessing
- Healthful Brunch
- Sacred Space & Reflection journaling
- 20% off all pre-booked in-suite Body Rituals
- Group Mandala with Personal Sentiments for the Closing Ceremony
- Mandala Yoga
- Healthful Dinner
- Closing Gratitude Ceremony

DEPARTURE DAY  
01.10.23

## PASSAGE HOME

- 20% off all pre-booked in-suite Body Rituals
- Farewells & Friendships

[BOOK HERE TO JOIN US UNDER THE SUPERMOON](#)





## WE SO LOOK FORWARD TO SEEING YOU ON THE ISLAND UNDER THE POWER OF THE HARVEST SUPERMOON

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Should you have any questions at all, feel free to reach out to The Beach Samui Founder & Creative Director Charlotte or Wellness Program Lead Gill

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Gill +66 93 671 7093

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