Deep Rest: 6-Day Retreat Journey

Andaman Islands

A gentle retreat designed to help you relax your body, ease sore muscles, and calm your nervous system — all in a safe, supportive space.

All practices are optional. Move at your own pace.
Daily buffet breakfast, lunch, and dinner included.
Each guest receives a complimentary 1:1 breathwork session with our mindset coach.

Day 1 — Arrival & Deep Rest
Arrive and settle into your room, allowing your body to slow down after travel. In the evening, enjoy a welcome dinner to meet the group and gently settle in. A quiet night allows your body to rest and begin releasing built-up tension.

Day 2 — Slowing Down & Settling In
Begin with a relaxed morning. Gentle breathwork and movement help release tightness in the body and start calming the nervous system. Spend time relaxing by the pool or reading in the garden. In the afternoon, mindset coaching helps you understand how stress shows up physically. Evening yin uses long, supported holds to ease muscle tension and improve flexibility.

Day 3 — Releasing Tension & Gratitude
Wake slowly and enjoy breakfast before heading on a late morning beach excursion. At the beach, enjoy a guided gratitude practice and meditation, with time to swim and relax. Afternoon coaching supports letting go of mental tension. In the evening, yin targets the shoulders, neck, and back to relieve soreness, followed by Yoga Nidra for deep rest.

Day 4 — Restore & Recharge
A slow morning allows your body to fully rest. Breathwork and gentle practices calm the nervous system. Coaching supports balanced energy and recovery. Evening yin focuses on long holds for the lower back, hips, and legs to release deep tension, followed by dinner and a relaxed evening.

Day 5 — Letting Go & Deep Rest
Enjoy a spacious morning to relax by the pool or read in the garden. Breathwork deepens relaxation, followed by mindset coaching focused on trust and creating sustainable inner calm. Later, head out for a sunset beach excursion and closing ritual. Celebrate with a farewell dinner, then unwind with full-body yin and Yoga Nidra.

Day 6 — Feeling Rested & Reconnected
Begin with a calming morning practice before breakfast. A gentle stretch releases remaining stiffness and prepares your body for travel. Leave feeling relaxed, lighter, and more at ease.

A Gentle Note: Everything is optional. This is your space to rest, relieve tension, and move at your own pace.