



THAILAND RETREAT

SATURDAY 5TH TO SATURDAY 12TH FEBRUARY 2028
MUSEFLOWER RETREAT & SPA, CHIANG RAI, THAILAND



Our home for our retreat abroad in 2028 will be the stunning Museflower Retreat & Spa, about half an hour from Chiang Rai.

Nestled in the rolling countryside of Chiang Rai, Northern Thailand the retreat centre is the perfect space to destress, slow down, recharge and reconnect with nature.

Your home for 7 days and nights, the yoga shalas and bungalows are situated around a peaceful and private fresh water lake, the perfect place for meditating, reflecting or going for a swim.

As ever, the retreat is the perfect opportunity for you to rest, to rejuvenate, to immerse yourself in all elements of your yoga practice, and to surrender to the present moment.

Whether you're an experienced yogi or a beginner, it is my pleasure to invite you to join us.



How we will spend our time

We will have exclusive use of the whole venue, with access to 2 main yoga spaces, the Butterfly Room and the Meditation Pavilion,

Of course, the retreat will be filled with plenty of yoga practices, of varying energies and styles, with 2 extended practices every day: morning to energise, and afternoon to rest & restore. We will also enjoy a sound bath one evening.



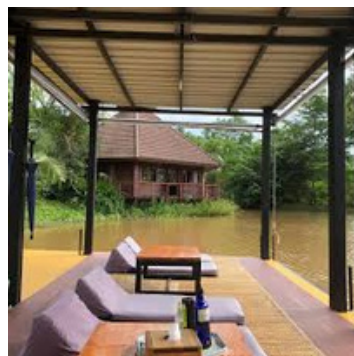
You can also while away the time enjoying the Himalayan crystal salt water swimming pool: covered and heated by a solar water system, the pool is ozonized and free of chlorine, and at a depth of 1.70m. Himalayan crystal salt water helps to cleanse the body while balancing the pH and maintaining the protective film of the skin.

And if swimming is your thing, then the lake is warm and clean: also perfect for a dip.

Maybe explore the gardens to find one of the many quiet shalas and garden chairs to pause, the bamboo forest labyrinth for mindful wandering, the “chi” lake platform for a spot of sunbathing or lake-gazing.

Indoors, there is a lounge area, with books and games to borrow, and a creative studio should you wish to indulge your artistic side. There is even a small gym if that takes your fancy!

And if you'd like to explore a little further, there are bikes available to borrow, or ask a member of venue staff for ideas of local walks.



While we are there, we will also be exploring the local area with some trips:
an evening at the Chiang Rai Night Bazaar – an experience not to be missed!
a day to explore the White & Blue Temples, and the Black House Museum, with lunch in a local restaurant

a visit to Singha Park with its tea plantations
perhaps a day with the elephants at Elephant Steps Sanctuary (additional cost tbc)

And one evening, we will be treated to a cookery workshop too!

And then there is the spa...



You will have unlimited access to the spa area, with its steam room, sauna and aromatherapy pool, and your retreat experience will also include a complimentary welcome mini spa treatment, and one other full treatment from a selection.



The bedroom accommodation is in simple, spacious and light bungalows situated around the lake. All have air conditioning and are en-suite, with single, twin and triple options available.

Of course, towels and bedding are provided, as well as a hairdryer, and kettle.



At Museflower, we will enjoy 3 delicious meals a day, served buffet style. Each meal will offer authentic Thai and Asian cuisine with local ingredients that you may not have experienced before. It is like a home-cooked meal with a gentler and mildly spicy taste, seasoned with love and soul prepared by our Thai kitchen team, with many of the ingredients coming straight from the Organic Farm that is part of the retreat centre.

All of our meals will be taken in the centre's Soul Food Corner, and here you can also find extra snacks available to purchase if you wish.

(Please note: the venue is dry, with no alcohol on site. If you would like to enjoy a drink outside, venue staff will be able to recommend a few places for you.)

So...what does it cost?

The price is £1200 per person, based on 2 people sharing.
Single occupancy is also available on a limited basis for a supplement of £400

What is included in the price?

7 nights accommodation
Breakfast, lunch and dinner each day, and endless teas, ozonised and flavoured water
All the yoga sessions and workshops
A welcome spa treatment and one other treatment of your choosing from a selection
A day to explore the White and Blue Temples, and the Black House museum, with lunch
A trip to the night bazaars of Chiang Rai
A visit to Sangha Park, and local tea plantations
A farm to table cooking workshop at the retreat centre

What is not included?

Flights (the nearest airport is Chiang Rai)
Transfers (though we will arrange these collectively at a small additional cost)
Travel insurance (highly recommended)
Tips (though we will collect these centrally)
Additional snacks and drinks
Any additional spa treatments
Possibly a trip to Elephant Steps sanctuary (www.elephantstepschiangrai.com)

How to book

Email me at tiffany@nilayaretreats.yoga, with the title "Thailand Retreat 2028", and let me know you'd like a space.

Be sure to tell me whether you would like to share, or prefer single occupancy
(and if you are sharing and know who you'd like to share with, tell me that too!)

Rooms will be allocated strictly on a first come first served basis.

I will then confirm your place and send you details of how to pay.

I will hold your space for 48 hours to pay the **non-refundable deposit of £300.**
(full t'c & c's available upon booking)

Ways to pay

Once your non-refundable deposit of £300 is paid, you have 2 options for payment:

Option 1:

SHARED: £300 by each of 1/6/27, 1/9/27 and 1/12/27
SINGLE: £425 by each of 1/6/27 and 1/9/27, £450 by 1/12/27

Option 2:

by quarterly or monthly installments (contact me for more details)

(amounts will become non-refundable as of the relevant due dates in option 1)

On booking these payment schedules will be confirmed by email.

**Of course, if you have any questions at all, then
please don't hesitate to get in touch. And I look
forward to sharing this exciting adventure with you!**

