

A vibrant tropical beach scene with several tall palm trees on the left, a sandy beach in the foreground, and turquoise water meeting a bright blue sky with scattered white clouds. The text 'UPSTATE' is centered at the top in a white, bold, sans-serif font.

UPSTATE

EVERYTHING YOU NEED TO KNOW ABOUT
THAILAND 2026

HELLOOOO PARADISE!

Sawasdee! 🇹🇭

We're so excited to swap winter for a week in paradise at Koh Samui, Thailand, and we can't wait to move, relax and explore with you.

This guide has everything you need to know – where you are going, what to pack, and what to expect.

Let's get you prepped for a week of sun, sweat, and stunning views!



AN ISLAND ESCAPE

This retreat isn't just about relaxation, it's your launchpad for adventure, connection, and movement!

Get ready for an unforgettable snorkel day trip to Mu Ko Ang Thong National Marine Park.

We'll cruise across crystal-clear waters by speedboat to a tropical island paradise dotted with limestone cliffs, secret lagoons, and powdery white beaches.

Hike to a jaw-dropping viewpoint, kayak through magical sea caves, and soak it all in on a stunning beach surrounded by jungle and sea.



Back on land, embrace the lush beauty of Thailand with a refreshing waterfall hike and daily classes designed to energise and inspire.

Sweat it out, make new like-minded friends and take time to rest and reset poolside at the Absolute Sanctuary resort.

AN ISLAND ESCAPE

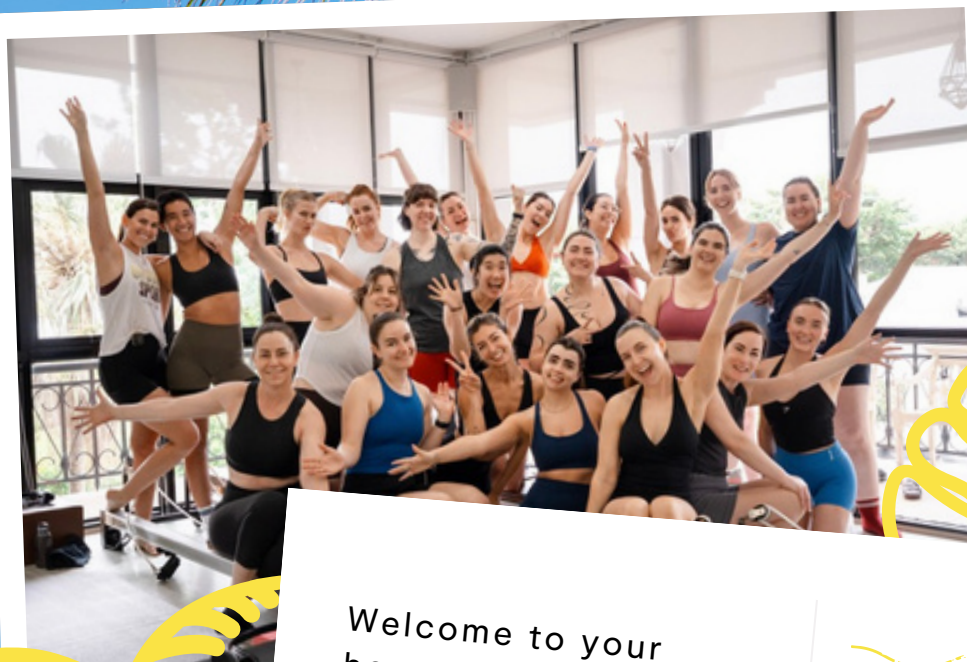
Practise all your favourite class styles including Reformer Pilates, Mat Pilates, Power Flow and Yin Yoga, all led by our experienced Upstate instructors.

Every class is optional, so you can fully tailor your retreat to what your body and mind need most.

Feel empowered, connect with good vibes, and uncover your inner calm. This is your time to move, explore, recharge and make it unforgettable!



A WELLNESS HAVEN



Welcome to your home for the week - Absolute Sanctuary, a vibrant wellness resort tucked into the lush hillside of Koh Samui's serene northeast, also known as Thailand's "island of healing."



THE RESORT

This retreat space is purpose-built for transformation and tranquillity.

With a fully equipped Reformer Pilates studio and two stunning mat spaces (including an open-air ocean view garden shala!), you'll move mindfully surrounded by nature far from life's usual distractions.

Treat yourself with an array of on-site spa therapies – think soothing massages and revitalising facials.

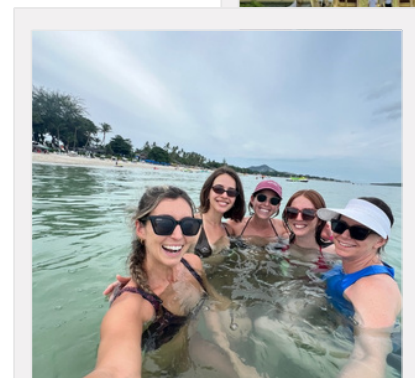
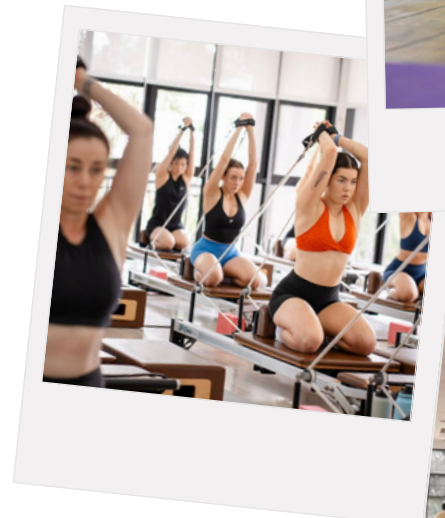
There's also a cosy gym space, salt room and calming nooks to chill out in.

The resort is an alcohol and smoke-free space, serving up nutrient-rich, flavour-packed local cuisine that fuels you from the inside out.

Craving a cheeky cocktail? Just pop across the road to explore nearby cafés and beach bars.

In between classes and rest time, hop on the complimentary shuttle to local beaches, temples and night markets, or head out to explore the island's vibrant culture and coastal charm.

Whether you're seeking connection, adventure, or relaxation – you'll find your perfect balance right here.



SAMPLE DAY



7:30AM:
COFFEE/TEA



8:30AM:
REFORMER PILATES



9:30AM:
BREAKFAST



12:00PM:
MAT PILATES OR POWER FLOW



1:00PM:
LUNCH



5:30PM:
YIN



7:00PM:
DINNER

PRICES + ROOMS



Absolute Sanctuary's Mediterranean-inspired rooms are carefully designed to create a feeling of comfort and coziness. Get set to unwind at your home away from home.

All rooms feature the following amenities:

- Air conditioning
- Bathrobe
- Beach Bag
- Comfort Amenities
- Yoga mat
- Kettle
- Fan
- Direct Dial Phone
- Hairdryer
- WiFi
- Minibar
- Satellite TV
- Safe deposit box
- Slippers

Check in on arrival day: 2pm

Check out on departure day: 12pm

Retreat starts with dinner on arrival day and ends after breakfast on departure day.

NOTE

EARLY BIRD ends: March 10th 2026
Book with a friend and save \$100 each!

PRICES + ROOMS

The Sanctuary Superior rooms showcase the superb details of design, from the texture and colour of the walls to the details of the shower tiles. The Superior rooms offer a choice of either a queen-size or two twin-size beds.



SUPERIOR TWIN SHARE

Early Bird \$2350, Full Price \$2650



SUPERIOR SINGLE

Early Bird \$2650, Full Price \$2950

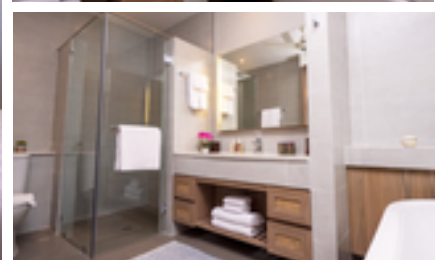
PRICES + ROOMS

The exquisite Sanctuary Deluxe rooms feature a king-sized bed and a large stylish bathroom with a bathtub. Located on the lower floor, they come with a private terrace.



DELUXE ROOM SHARE (KING BED)

Early Bird \$2450, Full Price \$2750



DELUXE ROOM SINGLE

Early Bird \$2750, Full Price \$3050

PAYMENT DETAILS

SECURE YOUR SPOT!

To lock in your place (and those beachside jungle vibes), a \$700 deposit is required.

- You'll receive an invoice with payment details after you have registered.
- The deposit is non-refundable and must be paid within 7 days of receiving your invoice.

HOW TO PAY

We accept both credit cards and bank transfers. More details on your invoice!

REMAINING BALANCE

- 50% due 90 days before the retreat start date.
- Final balance due 60 days before the retreat start date.
- Full T&Cs here: [Retreat Terms & Conditions](#)

Let us know if you have any questions—we're here to help!



OTHER DEETS ABOUT THE RETREAT

WHAT TO PACK

- Sunscreen & hat
- Water bottle (stay hydrated!)
- Book or journal (for chill time)
- Bug spray (just in case)
- Any meds you need
- Activewear (for Pilates + yoga)
- Swimsuit (or two!)
- Comfy sneakers (for hiking & exploring)
- Flip-flops (for pool + spa days)

WHAT'S INCLUDED

- 6 Nights Accommodation
- Daily classes
- All Meals
- Waterfall Hike
- Snorkelling trip
- Airport transfers
- 20% off Spa treatments
- Celebration Dinner

WHAT'S NOT INCLUDED

- Airfares
- Travel + Medical Insurance
- Additional Food and Drink outside of set meals
- Additional Excursions
- Spa treatments

STAY CONNECTED

We'll set up a WhatsApp group closer to the retreat so we can coordinate, share tips and hype each other up!

Got a friend who'd love to come? Book together and save \$100 each!

FAQ'S

HOW DO I SECURE MY SPOT?

Register and once we have received your deposit, your spot is secured! We can only hold your place for 7 days without a deposit so please plan accordingly.

DO I NEED TO HAVE A REGULAR YOGA/ PILATES PRACTICE OR FITNESS REGIME TO ATTEND?

Our Upstate teachers are experts in delivering classes with plenty of modifications, so no matter your experience level, you will be able to enjoy the feeling of moving with the group. Classes are also completely optional. So if you do decide that a book by the pool or a rest in your peaceful bedroom is what's calling you most, go for it!

I HAVE SPECIAL DIETARY REQUIREMENTS. CAN THAT BE ACCOMMODATED?

Of course! We will cater to all your food requirements. You can relax knowing your special requirements will be taken care of. Please let us know in advance of any dietary requests.

ARE FLIGHTS INCLUDED IN THE RETREAT PRICE?

Flights are not included in the price. Guests are responsible for booking their own flights.

HOW DO I GET TO THE RETREAT FROM THE AIRPORT?

Upstate private transport is available upon request.

WHAT IF I NEED TO CANCEL? WILL I GET MY MONEY BACK?

If you cancel 90 days or more prior to the retreat, you receive the full amount paid with exclusion of the non-refundable \$500 deposit.

If you cancel 60-31 days or less prior to the retreat, you will forfeit 50% of all payments made towards the retreat.

We cannot offer refunds for cancellations within 30 days of the retreat.

CAN I BOOK WITH FRIENDS?

Yes! Let us know you'd like the shared room option together and we can make it happen.

FAQ'S

CAN I COME SOLO?

Absolutely! Coming solo to a retreat is an awesome way to dive deep into self-care and meet some new like-minded people.

CAN I STILL GET A SPOT IF IT'S SOLD OUT?

Join the waitlist by contacting us, and be the first to know if a spot does become available!

DO I HAVE TO BE AN UPSTATE MEMBER TO ATTEND?

Nope! All are welcome.

WHAT IS THE AGE RANGE OF ATTENDEES?

We welcome all ages 18+ to attend and enjoy retreats.



**GET
ON
UP**