



# Longevity

BLUE ZONES GROUP RETREAT  
DISCOVER SECRETS FOR A LONG & HEALTHY LIFE



*feel life's potential*

## ABOUT THE RETREAT

Join our Blue Zones group retreat and immerse yourself in the life-enhancing wisdom of the world's centenarians. This enriching experience, complemented by Thai culture and wellbeing practices, unveils the secrets of longevity and empowers you to implement them into your daily routine. Discover the Blue Zones Power 9® principles to align your values and actions with your purpose, enhance happiness, and cultivate meaningful relationships. Learn how to transform your environment so that healthy choices become effortless, declutter your life, and embrace habits that bring joy and vitality, paving the way for lasting health and happiness for you and your loved ones.

## RETREAT INCLUSIONS

- Roundtrip transfer from/to Samui International Airport
- One wellness gift pack
- Full board of Kamalaya inspired healthy cuisine
- All beverages, excluding imported drinks and alcohol
- Six 45-minute Morning Movement Sessions including Yoga, Tai Chi & Qi Gong
- Five 120-minute Afternoon Blue Zones Group Sessions
- Three 30-minute Afternoon Meditation Sessions
- One 90-minute Herbal Foot Soak with Foot & Hand Massage
- One 75-minute Initial TCM Consultation including Treatment
- One 90-minute Royal Ayurveda Traditional Massage
- One 90-minute Initial Traditional Thai Therapeutic Consultation including Treatment
- One 90-minute Initial Physiotherapy with Assessment
- Four 30-minute Nutritional Guidance Sessions
- Three Cooking Classes
- One Samui Island Cultural Tour
- One Herbal Walk
- One Tea Sharing Ceremony
- Optional Evening Activities including Film, Games and Discussions
- 20% discount on additional wellness treatments (excluding visiting practitioner sessions)

## RETREAT DATE

3 - 9 May 2026

## PRICE

204,550 THB excluding accommodation

To make a booking please email [reservations@kamalaya.com](mailto:reservations@kamalaya.com) or visit [kamalaya.com](http://kamalaya.com)

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*