



GROUP JOURNEYS AT KAMALAYA

A NURTURING SETTING FOR CONNECTION, RENEWAL
AND MEANINGFUL TRANSFORMATION

DISCOVER THE SPIRIT OF KAMALAYA

Kamalaya Wellness Sanctuary is nestled within a lush tropical landscape overlooking the pristine southern coastline of Koh Samui, Thailand. At its heart lies a centuries-old cave once used by Buddhist monks for meditation, giving the sanctuary a unique sense of tranquility and healing energy.

Since opening in November 2005, Kamalaya has offered multi-award winning wellness experiences designed to support lasting, optimal wellbeing. Its holistic philosophy recognises health as the harmonious interaction between the physical, intellectual, emotional and spiritual dimensions of each individual, together with their social and environmental surroundings.

Kamalaya brings together healing traditions from East and West, inspired healthy cuisine and genuinely caring service. Guests can choose from results-oriented wellness programs and over 100 treatments, including Ayurveda, Traditional Chinese Medicine, naturopathy and homoeopathy.

A PEACEFUL ISLAND SETTING

Kamalaya is located on the southern coast of Koh Samui, approximately 45 minutes, or 25 kilometres, from Koh Samui International Airport, with direct connections through Singapore, Hong Kong, Bangkok and Phuket and other destinations.



A SHARED JOURNEY OF CONNECTION, RENEWAL AND GROWTH

Kamalaya provides a naturally inspiring environment for intimate group wellness experiences, specialist led groups and executive team retreats of 7 to 10 rooms with a maximum group size of 12 persons during the months of May, June, July, September and October. Offering a combination of holistic expertise, flexible gathering spaces, nourishing cuisine and genuinely caring service allows each group journey to be thoughtfully supported and individually shaped.

Whether the purpose is reflection, reconnection, leadership development, wellbeing or personal transformation, Kamalaya offers an environment where participants can step away from everyday demands and engage more deeply with themselves and one another.

THE KAMALAYA EXPERIENCE AT A GLANCE

- A unique natural setting centred around a centuries-old meditation cave
- Results-oriented wellness programs addressing healthy lifestyles and longevity, reset and detox, stress and burnout, and mental and emotional wellbeing
- A multidisciplinary team of experienced wellness professionals
- Over 100 wellness treatments drawing on healing traditions and therapies from East and West
- 76 rooms surrounded by tropical nature and designed to support rest and renewal
- 7 distinctive indoor, outdoor, beachfront and nature-based group spaces
- Inspired healthy cuisine created to support the holistic wellness journey



INSPIRING SETTINGS SURROUNDED BY NATURE

Kamalaya offers a selection of distinctive spaces suitable for meetings, retreats, workshops, wellness classes, and meaningful group experiences. Each venue has its own character and connection to the surrounding landscape, allowing group organisers to select an environment that supports the intention and atmosphere of their program. Venue availability is subject to Kamalaya's daily schedule and advance confirmation.

YANTRA HALL

With sweeping sea views, the Yantra Hall combines advanced audiovisual and recording facilities in a harmonious setting. The spacious central meeting room, flooded with natural light from skylights and full-length windows, is designed with sacred geometry principles. Adjacent, a smaller room is ideal for screenings and multimedia presentations. Microphones, a sound room, and a dedicated engineer ensure smooth support for your presentations and retreat documentation.

Function: Classes, Meetings & Workshops | Size: 200 sqm

YANTRA LAWN

Nestled beside Yantra Hall and overlooking the tranquil Gulf of Thailand, this expansive lawn offers an ideal setting for early morning or late afternoon outdoor activities. It is often used for holistic practices and to mark special occasions.

Function: Classes, Events & Activities | Size: 200 sqm

AMRITA LAWN

Located next to Kamalaya's beach and nestled beneath our pool area, this lush lawn, gracefully shaded by tall coconut trees, offers an idyllic setting for early morning or late afternoon outdoor activities, all while enjoying the peaceful views of the Gulf.

Function: Events & Activities | Size: 550 sqm

BEACH

Kamalaya is nestled at Laem Set Beach, a tranquil and secluded bay on the island's southern coast. Surrounded by palm trees and framed by the nearby mountains, our private beach offers a unique and serene setting for outdoor classes, whether in the stillness of early morning or the peaceful calm of late afternoon.

Function: Classes | Size: 70 m long

YOGA PAVILION

With breathtaking ocean views, the open-air Yoga Pavilion offers the perfect space to connect deeply with nature. This serene location is ideal for meditation, Pilates, and yoga. Please note, the Yoga Pavilion serves as the main venue for Kamalaya's holistic activities and will be available only outside of the resort's daily schedule.

Function: Yoga, Qi Gong, Tai Chi, Meditation | Size: 110 sqm

GALLERY

Situated amidst ancient granite boulders, meandering streams, and lush tropical vegetation, our serene Gallery offers the perfect setting for smaller, intimate classes, such as yoga and Pilates, or for seated workshops. Its tranquil surroundings provide an inspiring environment to deepen your practice and enhance your experience.

Function: Classes & Workshops | Size: 81 sqm



ACCOMMODATION DESIGNED FOR RENEWAL

Kamalaya offers 76 rooms immersed in the beauty of nature and styled with elegant, comfortable interiors. To support rest, mindfulness and digital detox, televisions are not provided in the guestrooms but can be requested. Complimentary Wi-Fi is available, although connectivity is intentionally limited in communal areas to encourage guests to disconnect from everyday distractions and engage more fully with their wellness experience. All group spaces include WiFi access and presentation facilities.

THOUGHTFUL SPACES BEYOND YOUR ROOM

LEISURE POOL

Located at Amrita Café in close proximity to the beach, the leisure pool is uniquely intertwined with the natural lotus ponds, where turtles and Koi fish enjoy their aquatic life. The pool also features signature marble steps with Buddhist motives and artistic elephant sculptures.

SHAKTI LAP POOL

Adjacent to Shakti fitness centre, a 25-metre lap pool showcases panoramic views over the Gulf of the nearby islands.

SHAKTI FITNESS CENTRE

Three-story fitness facility, Shakti Fitness Centre is fully equipped with weight and fitness training equipment, where strength training, functional resistance training, Pilates and other exercise modalities is available to complement your fitness regime.

LEELA AND OM STEAM CAVERNS AND THERMAL PLUNGE POOLS

This treatment is ideal before a massage or body treatment to open up the pores, stimulate and cleanse the skin, clear the lungs, promote circulation and relax the body. The steam cavern combines the elements of fire and water with the use of aromatic herbs to further awaken the senses.

RESTAURANTS & CUISINE

Nourishing cuisine is an integral part of the holistic healing journey at Kamalaya. The menus reflect our philosophy of healthy living and the celebration of different cultures, featuring fresh and healthy dishes.



SOMA RESTAURANT

Sanskrit for 'food of the gods', Soma is close to the main facilities and overlooks Kamalaya valley, offering spectacular views of the coast and outlying islands.

Breakfast: 07:00 to 10:30 | Dinner: 18:00 to 22:30

AMRITA CAFÉ

Sanskrit for 'divine nectar', Amrita Café offers informal dining nestled amidst lotus ponds adjacent to the leisure swimming pool.

Lunch, Snacks and Beverages | 12:00 to 17:00

ALCHEMY TEA LOUNGE

With comfortable couches and breathtaking views, especially during sunset, this is a great venue for guests to gather throughout afternoon and in the evening.

Open from 14:00 to 23:00 | Afternoon High Tea: 14:00 to 17:00



SHARED EXPERIENCES FOR LASTING CHANGE

Guests can enhance their sense of wellbeing by choosing from results-oriented wellness programs addressing healthy lifestyles and longevity, reset and detox, stress and burnout, and mental and emotional wellbeing.

Kamalaya believes that all aspects of health are interconnected. Our programs therefore bring together the expertise of naturopaths, Traditional Chinese Medicine practitioners, yoga teachers, fitness trainers, massage therapists, meditation teachers and life enhancement mentors.

To create the most suitable wellness experience for your group, please contact our Sales team to discuss program options tailored to your schedule and health goals.

MOVE, BREATHE AND RECONNECT

Kamalaya's Weekly Holistic Activity Schedule offers a thoughtfully curated range of classes designed to support balance, vitality and inner harmony. Led by our experienced team, sessions are available throughout the week and are suitable for different levels of fitness, age and experience. Most scheduled classes are offered on a complimentary basis.

These activities are designed to support the effectiveness of Kamalaya's wellness programs while creating opportunities for guests to reconnect with others through shared experiences. Guests may visit the Shakti Fitness Centre or participate in a range of holistic fitness classes, including yoga, Pilates, Tai Chi, Qi Gong, stretching and meditation.



MEET OUR SALES TEAM

Our experienced Sales team will work closely with you to understand your group's objectives, preferred travel dates, accommodation preferences, and desired wellness experiences. Together, we will create a meaningful group journey that reflects your intentions and provides space for participants to reconnect, restore and grow within Kamalaya's nurturing environment.



CONTACT DETAILS

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