



SACRED RENEWAL

A journey into sacred living and inner alignment, Sacred Renewal is an immersive spiritual journey rooted in the timeless understanding that true wellbeing arises through harmony with nature, rather than striving against it. Guided by ancient wisdom, it invites you to reconnect with the sacred rhythms of life through intentional rituals, contemplative practice, and the enduring intelligence of the natural world.

Inspired by the philosophy of the Pancha Mahābhūtas (Five Elements), together with the wisdom of the koshas, chakras, and the Gurukula tradition of lived spiritual learning, the program integrates sacred rituals, elemental practices, intuitive guidance, meditation, and ancient healing traditions to restore harmony across body, mind, and spirit. Following the complete lunar cycle from Śukla Paks.a, the waxing moon of expansion and illumination, to Kr.s.n.a Paks.a, the waning moon of reflection, purification, and surrender - Sacred Renewal honours both growth and release as essential rhythms of life. Complemented by carefully selected therapeutic and energy-based Vedic practices, Ayurveda, Traditional Chinese Medicine, Taoist healing, and Reiki, the journey gently cultivates inner stillness, vitality, spiritual awareness, and a way of living that extends well beyond your stay at Kamalaya.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	8	11	15
Wellness Consultation	1	1	1
Wellness Program Departure Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Spiritual Attunement (45 min)	1	1	1
Personal Fire Ceremony (75 min)	1	1	1
Bless Your Mālā (including Mālā) (45 min)	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1
Traditional Thai Massage (90 min)	1	1	1
Reiki (60 min)	1	1	1
Craniosacral Therapy (60 min)	1	1	1
Traditional Asian Foot Massage with Herbal Soak (90 min)	1	1	1
Shirodhara (60 min)	1	1	1
Morning Ritual (Suprabhātam) (90 min)	2	3	5
Spiritual Guidance (Satsanga) (60 min)	2	3	4
Element Cleansing Practice (Bhuta Shuddhi) (75 min)	2	3	3
Yoga Private Session (60 min)	1	2	2
Trataka Meditation or Yoga Nidra (30 min)	1	2	2
Initial TCM Treatment (including consultation) (75 min)			1
Subsequent TCM Treatment (60 min)			1
Wellness Program Progress Review	1	1	1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	8	11	15
PACKAGE PRICE (THB)	123,732	158,306	201,579