

We invite you to join us in the small village of Sri Thanu on the west side of the Island for our upcoming SOMA Awakening Retreat from January 2-6 and our SOMA Instructor Training Retreat from Feb 2-13.

On these retreats you will be taking part in yoga classes, SOMA Awakening Breathwork sessions, release exercises, sauna rituals, cacao ceremonies, ecstatic dance experiences, ice baths, amazing food, exercise routines plus other special events to satisfy all your senses and beyond.

Intro To Koh Phangan Thailand

Koh Phangan is beautiful paradise island in the Gulf Of Thailand. This tropical island can be a wonderful space to relax, connect with a wonderful community and dive deep into your own personal development and spiritual growth. Its numerous conscious and spiritual opportunities will offer you the chance to recharge yourself with wisdom and unforgettable experiences.

Apart from being an incredible place for spiritual growth, relaxation and connection, Koh Phangan also has a great conscious party scene with its almost daily ecstatic dances, amazing live music displays all over the island, affordable thai massages on every corner, an abundance of extremely delicious and healthy restaurants to choose from and so much more to meet the imagination. Koh Phangan is basically like a real life never-never land where you can feel free to express your inner child.

Getting To Koh Phangan

I would recommend one of the following two options for getting to Koh Phangan:

Option #1: Fly To Koh Samui Airport

Koh Samui is the Island next to Koh Phangan and has an international airport. You will most likely, however, need to book a flight to Bangkok or Phuket and from there book a flight to Samui (normally flights from Bangkok are \$150 USD +)

From Koh Samui airport, if arriving during the day, you can book a ferry to Koh Phangan which takes about 30 mins to 1 hour and costs around 200 baht (~\$6USD)

Option #2: Fly To Surat Thani Airport

Surat Thani is the nearest airport to Koh Phangan on the mainland. They too have an international airport and it is much cheaper to fly to than the Koh Samui airport. The downside is that you will have to take a bus/boat combo which costs around 600 baht (~18USD) and takes around 4 to 5 hours. You can easily book this service directly in the airport with several departures during the day.

How to get around

Koh Phangan is a very small island with most people's preferred mode of transportation being a moped or scooter which can be rented for as low as \$3 USD/day. Be very careful when renting a scooter, however, as the roads can be very sandy and as a result very slippery (so even advanced drivers beware). You should also always take pictures of your scooter when you rent it to make sure they don't try to charge you for any scratches that were already there to begin with.

A less popular option is also to rent a car. This would cost you around \$30 USD/day but is a much safer option.

If you are staying in an area nearby (haad chao pao or sri thanu in map below), you can also rent a bicycle or walk to all events. And lastly, you can get around by

the local 'pick up truck taxis' known as Song Thaews. These would cost you about \$2 usd to \$8 usd per trip depending on the distance.

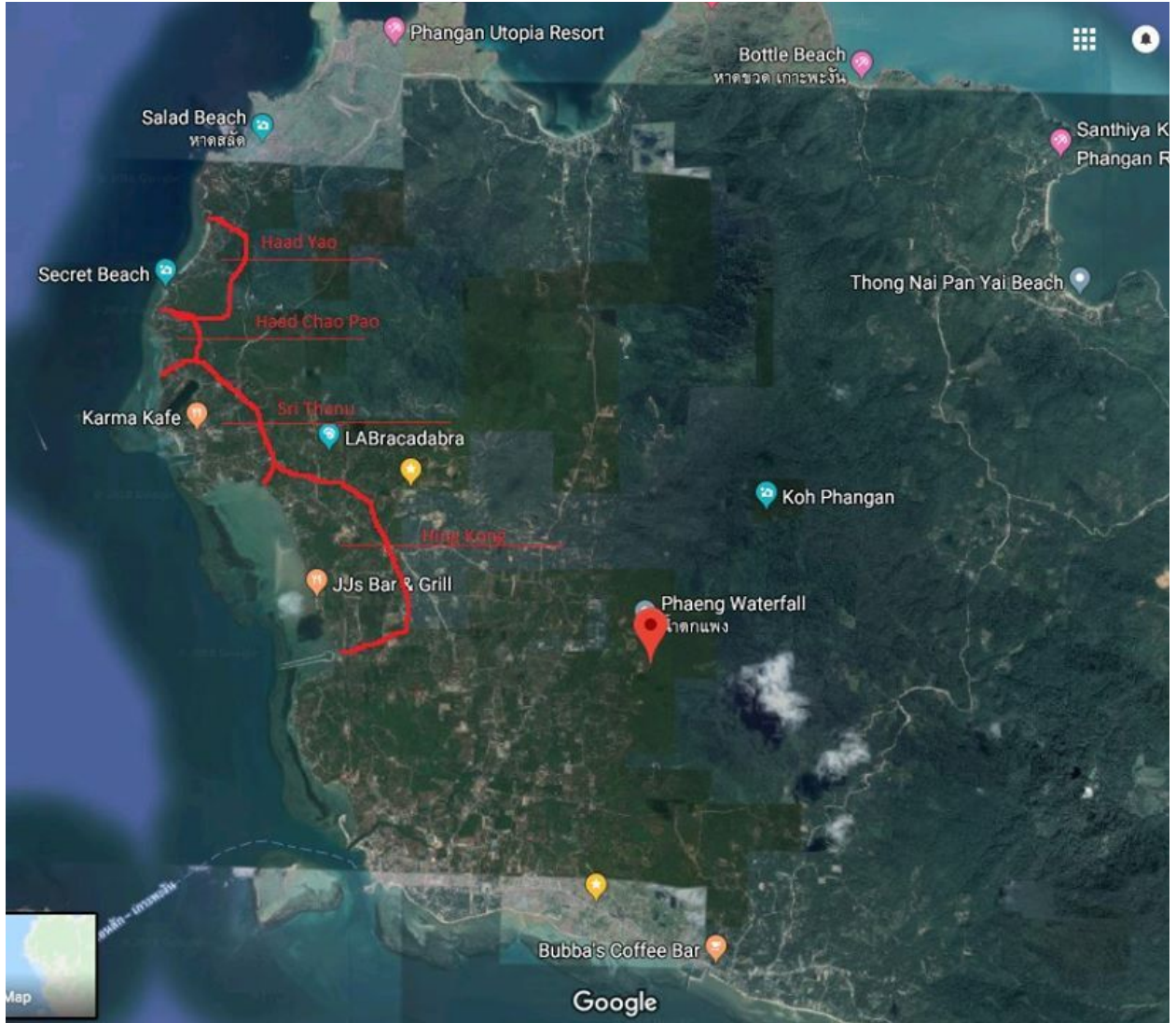
Vehicle Rental Recommendations:

- Yum Yum Da & Ball
- P'ju Rent Bike
- Tik's Bike Rental

Reach out to us for any more recommendations by posting your questions in [this facebook group](#) and tagging one of us

Where to stay

Our recommendation is to either stay directly in Sri Thanu or the surrounding areas including Hing Kong, Haad Chao Pao and Haad Yao West. If you are in any of these areas you will be no more than a 10 minute drive away from our main workshops.



Map Of Western Koh Phangan labelling the recommended areas to stay in

For anyone who wishes to come to Koh Phangan long term (1 month +) you can find places to rent with thai kitchen from as low as \$300 usd/month. You can find long term accommodations when you are already on the island as it is much easier to negotiate, or look on these facebook groups where you can ask what you are looking for and wait for people to respond:

- <https://www.facebook.com/groups/Rentahousephangan/>
- <https://www.facebook.com/groups/1517582041799147/>
- <https://www.facebook.com/kohphanganhousevilla/>

For those coming just for the retreat, here are a list of recommended accommodations nearby where the main retreat activities will be happening:

- The Beach Bungalows (short and long term)
- Loyfa Resort (short term)
- Zen Beach Bungalows (short and long term)
- Nice Sea Resort (short term)
- Bovy Beach Bungalows (long term rental)
- Niramom (short and long term)
- Belgian Beer Bar
- Haad Chao Pao
- Phangan cabana
- Benjamins hut
- Sea Garden Resort
- Moon Beach Resort

****New Years Retreat Only****

Anyone who wishes to stay on location at the luxurious Sunset Hill Resort during the New Years Retreat, we have worked out a special arrangement with the Resort owner to provide any retreat attendees 12% OFF the room rate.

This would work out to around 5500 Baht/night for a garden view room and 8000 baht/night for a Seaview room. You can learn more about the luxurious [Sunset Hill Resort here](#)

If you are interested in this, you can arrange directly with Sylvester by emailing him and letting him know that you are with the SOMA (Niraj) group for New Years.

sylvester@sunsethillresort.com

Additional Info

As a member of the New Years retreat you will be given free tickets to our New Years Eve Ecstatica Party which is an epic Ecstatic Dance & SOMA Cacao Ceremony the call in the New Year on the right energy level.

As a member of the Instructor Training Retreat, you will have the opportunity to join Niraj in facilitating SOMA Ceremonies throughout our 5 day long Ecstatica Festival which begins on Feb 13th. This festival brings together various alternative healing and spiritual practices plus amazing live music and Ecstatic Dance parties for an incredible 5 days of celebrating life together.

Visa Requirements

Please check the visa requirements for your country as it differs depending on which country your passport is from. In most cases you can get a 30 day visa on arrival and extend it for another 30 days once in Thailand. Or you can usually get

a 60 day Tourist Visa or 180 day multiple entry Tourist Visa, but please check with your specific embassy to be sure.