

AUORA

SPA — BATHHOUSE



KAMALAYA
KOH SAMUI



SAMPLE ITINERARY



AURORA 3 DAY RETREAT SAMPLE ITINERARY

OCTOBER 13, 14, 15

DAY 1 - MONDAY

9:00am	Check in at Aurora Spa for arrival consultation
9:30am	Welcome - Lyndall Mitchell (Coppins Lounge or Aurora Lounge)
9:45am	1.5 hr Wellness Workshop by Sujay #1 (Coppins Lounge or Aurora Lounge)
12:00pm	Lunch (Atrium)
11:30am - 6:00pm	Treatments / Bathhouse / Float Therapy / Self Guided Time
1:00pm	Guided Coastal Walk
3:00pm	Hotel Check In
7:15pm	Dinner Hosted by Sujay (Atrium)
8:15pm	1.5 hr Bathhouse Ritual - Commence with 20-30 min Chakra Coloured Meditation by Mentor

TREATMENTS

11:30am	60 min Massage (2 x Kamalaya, 5 x Aurora)
12:45pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
2:30pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
3:45pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
5:00pm	60 min Massage (2 x Kamalaya, 5 x Aurora)

OPTIONAL EXPERIENCES

Optional Extra	Mentoring Session w/Sujay @ 12:45pm, 2:30pm, 3:45pm & 5:00pm
Optional Extra	Private Float Therapy @ 11:30am, 12:45pm, 2:30pm, 3:45pm & 5:00pm

DAY 2 - TUESDAY (MORNING OF SILENCE)

6:30am	Silent Yoga (Grand Ballroom)
7:30am	Silent Millionaires Walk
8:30am	Breakfast (Atrium)
9:30am	1.5 hr Wellness Workshop #2 by Sujay (Coppins Lounge or Aurora Lounge)
12:00pm	Lunch (Atrium)
1:00pm - 6:00pm	Treatments / Bathhouse / Float Therapy / Self Guided Time
6:00pm	Mentor Meditation (Aurora Lounge)
7:00pm	Dinner (Atrium)
8:00pm	1.5 hr Bathhouse Ritual (Sound Healing)

TREATMENTS

11:45am	60 min Massage (2 x Kamalaya, 5 x Aurora)
1:00pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
2:45pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
4:00pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
5:15pm	60 min Massage (2 x Kamalaya, 5 x Aurora)

OPTIONAL EXPERIENCES

Optional Extra	Mentoring Session w/Sujay @ 11:45am, 1:00pm, 2:45pm, 4:00pm & 5:15pm
Optional Extra	Private Float Therapy @ 11:45am, 1:00pm, 2:45pm, 4:00pm & 5:15pm

DAY 3 - WEDNESDAY

6:30am	Yoga or Pilates (Grand Ballroom)
7:30am	Breakfast (Atrium)
8:30am	1.5 hr Wellness Workshop #3 by Sujay (Coppins Lounge or Aurora Lounge)
10:00am	Treatments / Bathhouse / Float Therapy / Self Guided Time
11:00am	Late Hotel Checkout
11:30am	Farewell/Departure

TREATMENTS

10:00am	60 min Massage (2 x Kamalaya, 5 x Aurora)
11:15am	60 min Massage (2 x Kamalaya, 5 x Aurora)

OPTIONAL EXPERIENCES

Optional Extra	Mentoring Session w/Sujay @ 10:30am & 11:45am
Optional Extra	Private Float Therapy @ 10:00am & 11:30am

SAMPLE ITINERARY



AURORA DAY RETREAT SAMPLE ITINERARY

FRIDAY OCTOBER 17

FRIDAY

9:00am	Check in at Aurora Spa for arrival consultation
9:30am	Welcome - Lyndall Mitchell (Coppins Lounge or Aurora Lounge)
9:45am	Yoga or Pilates (Beach or Grand Ballroom)
11:00am	Morning Tea (Coppins Lounge or Aurora Lounge)
11:15am	1.5 hr Wellness Workshop by Sujay (Coppins Lounge or Aurora Lounge)
1:00pm	Lunch (Atrium)
2:30pm	1.5 hr Bathhouse Ritual (Guided/Silent or Sound Healing)
4:00pm	Farewell/Departure
4:15pm	Treatments / Float Therapy / Mentoring Sessions

OPTIONAL EXPERIENCES

9:45am	60 min Massage (2 x Kamalaya, 5 x Aurora)
2:30pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
4:00pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
5:15pm	60 min Massage (2 x Kamalaya, 5 x Aurora)
Optional Extra	Mentoring Session w/ Sujay @ 2:30pm, 3:45pm & 5:00pm
Optional Extra	Private Float Therapy @ 9:45am, 2:30pm, 4:00pm & 5:15pm

OPERATIONAL NOTES



24 RETREAT GUESTS

OPTIONAL EXTRAS:

- Additional 14 treatments
- 8 Mentoring Sessions (Price \$375 per hour)
- Private Float Therapy @ \$85

Need to confirm Aurora Lounge or Coppins

PRICING BREAKDOWN

DAY 1 - MONDAY

Walk	\$25
Workshop	\$100
Lunch	\$60
Dinner	\$70
Bathhouse	\$95
Spa Treatment	\$205

TOTAL \$555

DAY 2 - TUESDAY

Yoga	\$25
Walk	\$25
Workshop	\$100
Lunch	\$60
Spa Treatment	\$205
Meditation	\$25
Dinner	\$70
Bathhouse	\$110

TOTAL \$620

DAY 3 - WEDNESDAY

Yoga / Pilates	\$25
Workshop	\$100
Bathhouse	\$110

TOTAL \$220

TOTAL COST = \$1,395 = \$1,500

ADDITIONAL EXTRAS

FOC Kamalaya journal and oil

Mentoring Sessions = \$375
Private Salt Float = \$85
Treatment = \$205

ACCOMODATION

Riely Lane \$1000
Cozy Room \$830
(Includes breakfast, car parking and mini bar)

Total retreat cost is \$2,395 (Riley Lane) or \$2,225 (Cozy Room)

DAY RETREAT - FRIDAY

Walk/Yoga	\$25
Workshop	\$100
Lunch	\$60
Bathhouse	\$95

TOTAL \$280

TOTAL PRICE = \$345

ADDITIONAL EXTRAS

FOC Kamalaya journal and oil

Mentoring Sessions = \$375
Private Salt Float = \$85
Treatment = \$205