



SAMAHITA RETREAT

LOCATION, LOCATION, LOCATION

Where Is Samahita, and What Is It Known For?

Samahita Retreat started operating in 2003, and is known for yoga teacher training, breathwork, and wellness teachings in Thailand. Located on Koh Samui (Koh means island and is often referred to as just Samui these days), it is about an hour's drive south of the airport. The retreat provides stays for guests seeking wellness activities along with yoga teacher training that has an integrated breath-body-mind approach. If you are interested in yoga, the Founder Paul Dallaghan has designed a practice which has a focus on your centre, with an emphasis on the breath to develop the nervous system. He describes his teachings as both challenging and enlightening.

If you are not as interested in the yoga and just visiting as a guest, it is truly a magic location. It is serene and quiet (no talking until 10am), it is right on the beach, and you look out on the local fishermen's boats and fishermen going about their daily activities. The food is served by local Thai people and embraces Thai cuisine. It is varied and nourishing, and is available most of the day so you can eat to fit within your own schedule.





The Programs

The focus at Samahita is mainly on the yoga, and particularly their popular yoga teacher training. But under their wellness offerings they do have a Total Self Care program (which I experienced), and a Brain-Health Upgrade which is a combination of mitochondrial enhancement using light therapy, brainwave modulation through audio-visual entrainment, and EEG biofeedback meditation.

My Experience

As part of the Total Self Care package, I was able to experience a Sabai massage (Sabai means comfort or relax in Thai) which has a focus on the pressure points particularly along the spine and upper body. A blend of pure essential oils is used, which relieves tension in your muscles, rebalancing the nervous system, and improving circulation. I also experienced a Herbal Facial Treatment which starts with a homemade scrub



filled with natural extracts of Vitamin C, and is followed with a herbal face mask and then a cucumber mask. The Detoxifying Body Scrub and Wrap starts with a coffee and sesame scrub to deeply exfoliate dead skin cells, and then a nourishing body wrap of coconut milk, coconut oil and honey.

If you are wanting to really get away from the crowd, then this might be the retreat for you, or if you are looking around for yoga teacher training in Thailand, it might be worth looking into. What sets this retreat apart? I felt this retreat was the most authentically true to Thai people and their culture.

