



## A Sanctuary Within - Spiritual Healing Retreat

Knai Bang Chatt, Kep, Cambodia

June 8<sup>th</sup> – 12<sup>th</sup> 2018

In this hectic, fast paced world it is easy to forget to take time out for yourself. We look after our physical body with proper nutrition and exercise, our mental body with education and learning but when was the last time you connected with your spirit; your essence?

If you have become stuck, lack energy and focus, are tired and rundown or just want some 'me' time, then this is the perfect little get-away for you.

Discover your own sanctuary within on this blissful, four night/three day healing retreat. This gorgeous retreat will help you rediscover your inner essence, your essential self. It will offer you time out to reconnect with your true nature and inner wisdom.

Intuitive Healer and founder of TempleSoul, Rachael Cox, first visited Knai Bang Chatt in 2013 and has visited every year since. On her last visit she thought it would be the perfect spot for a beautiful healing retreat. Nestled amongst tropical gardens, swaying palm trees, and open views to the Gulf of Thailand, Knai Bang Chatt is the perfect setting for healing and introspection.

Knai Bang Chatt is the perfect place to be able to fully immerse yourself in yourself, to heal, to grow, to expand. This retreat will help you achieve healing, balance, rejuvenation and a renewed sense of calm.

Learn a new way of looking at life.

This three day spiritual healing retreat will be divided into a 7-step program of self-discovery, based on Rachael's first book:

"TempleSoul – A Sanctuary Within"

This, combined with workshops, yoga, meditation and healing will help facilitate change, clarity and a new lease on life. We will also be offering a traditional Buddhist blessing on the final day.

Knai Bang Chatt has an exquisite day spa, so if it's a facial or soothing massage you are after, it's all on offer. Maybe you might prefer a hike in the surrounding National Park, a day on an Island, or a cooking class. All can be arranged.

A beautiful wellness menu has also been specially designed for the retreat, so you are nourished from the inside out. Rachael will be staying on at the resort for a further four days to facilitate one on one Intuitive healings should you wish to have one.

Places are limited and the retreat is open to anyone. No experience with yoga, meditation or healing is necessary. This beautiful journey of self-discovery set amongst this ancient and wise land will nourish you, body mind and soul.

For further information please contact  
Rachael Cox - [rachcox@templesoul.com](mailto:rachcox@templesoul.com)  
John Black - [gm@knaibangchatt.com](mailto:gm@knaibangchatt.com)

Or head to

[www.templesoul.com](http://www.templesoul.com) or <http://www.knaibangchatt.com>



## Retreat Outline

Friday June 8 <sup>th</sup>	Arrive Phnom Penh, Cambodia Transit to Knai Bang Chatt, Kep Cambodia (approx. 3 hours, Cambodia time) Spend the afternoon relaxing, taking in the magnificent vistas, strolling around the gardens, have a relaxing massage or facial or a swim in the magnificent ocean side pool. Evening - drinks and dinner at The Sailing Club.	
Saturday June 9 <sup>th</sup>	8am - 9am	Yoga
	9am -10am	Breakfast
	10am -12.30pm	Session 1
	12.30pm – 2pm	Lunch
	2pm – 4.30pm	Session 2
	4.30pm – 5.30pm	Break
	5.30pm – 6.30pm	Meditation
	6.30pm – 7.30pm	Healing Circle
	7.30pm onwards	Dinner
Sunday June 10 <sup>th</sup>	8am - 9am	Yoga
	9am -10am	Breakfast
	10am -12.30pm	Session 3
	12.30pm – 2pm	Lunch
	2pm – 4pm	Session 4
	4pm – 5pm	Break
	5pm – 7pm	Session 5, including half an hour meditation
	7 – 7.30pm	Healing Circle
	7.30pm onwards	Dinner
Monday June 11 <sup>th</sup>	8am - 9am	Yoga
	9am -10am	Breakfast
	10am -12.30pm	Session 6
	12.30pm – 2pm	Lunch
	2pm – 4pm	Session 7
	4pm – 5pm	Break
	5pm – 6pm	Meditation and Healing Circle
	6pm – 7pm	Buddhist Blessing and closing ceremony.
	7.30pm onwards	Dinner
Tuesday June 12 <sup>th</sup>	Check-out and home You are more than welcome to stay on an extra few days to relax and really integrate the energies of the last few days. (Prices on request) Rachael will also be available for one on one healings or a chat at the resort for the following four days. Bookings for private sessions are required at the time of booking your retreat. Please see website or email Rachael for times available. If you would prefer to drive down to Phnom Penh or fly to Siem Reap and stay a few days there - either before or after the retreat -John and Rachael are more than happy to give you some tips.	



## Retreat Price

Total Price	USD1500.00 (Single) USD1140.00 (Twin Share)
Inclusions	Full Board 4 nights accommodation Full board from our specially designed wellness menu* One daily yoga and one meditation session Buddhist Monk blessing Return airport transfer in private vehicle Unlimited use of mountain bikes, sea kayaks or paddle boards from the discovery centre Welcome beverage upon arrival Cold towel upon arrival Complimentary access to main pool Complimentary Wi-Fi Internet access in rooms.

\*Friday includes dinner

Saturday, Sunday, Monday includes breakfast, lunch and dinner

Tuesday includes breakfast and lunch.

Includes water, soft-drinks and fresh juices, tea and coffee, excludes alcohol (You can pay for this separately if you wish)

Exclusions	Meals other than those specified Drinks other than those specified Items of a personal nature, such as laundry, mini bar and telephone. Flights to and from Cambodia
------------	---

Optional Extra's The following optional extra's are available to purchase during your stay:

Spa treatments

Local Excursions

Sailing and Sailing Courses

Two hour one-on-one Intuitive Healing facilitated by Rachael Cox



KNAI BANG CHATT  
*the essence of Kep*

## The importance of proper nutrition

The food choices you make will significantly influence your health throughout your life. Choosing a healthy diet helps to support maximum fitness and to protect against lifestyle diseases. You have total control over your diet so you need to choose foods wisely to ensure maximum health. Our specially designed wellness menu offers a wide selection and options of fresh, raw, wholesome, gluten free, low fat, low dairy and high nutrient meals that will promote and encourage your body to cleanse and purify.

## About Knai Bang Chatt

A combination of personal, intimate, individualized and unique lodging experience., Knai Bang Chatt is “Pure Essence”. The lush and private grounds house a collection of completely remodeled and expanded modernistic 1950s villas, with 18 spacious ensuite rooms all tastefully furnished with local antiques and artifacts. A driving force behind the clean lines and minimalist style of Knai Bang Chatt is the ancient philosophy of Wabi Sabi, which places importance on purity, simplicity, understated elegance, and the inherent beauty of imperfection.



## Important notes

Consult Your Physician or Health Care Provider. We advise you to speak with your own physician before starting a wellness or cleanse program of your body; or participating in any other aspect of a food or lifestyle program. Do not disregard professional medical advice or delay seeking professional advice because of information you have received from us. Do not stop taking any medications without speaking to your physician or health care professional.

No Guarantees. Our role is to support and assist you in reaching your goals, but your success depends primarily on your own effort, motivation, commitment and follow-through. We cannot and do not guarantee that you will attain a particular result and you accept the risk that results differ by each individual.

Cycling Cycling in Asia can be a rewarding activity and a great way to experience local life, but before you ride it's very important that you carefully consider the safety aspects. Cycling in Asia is not for the inexperienced rider and many people do not have the familiarity with local conditions and road use practices. Helmets should be worn at all times. Be aware that all cycling is done at your own risk.

## Check-in and Check-out times

Check in time is 14:00 (Time on Property) and check out time is 12:00 (Time on Property). The rooms confirmed as reserved will be available for occupation by the guest at the check in time on the date of arrival until check out time on the date of departure.



### **Rachael Cox – Intuitive Healer**

Rachael is a certified energy healer and has trained through the Ashati International Institute of Energy Healing. She has just completed her Masters and is attuned to the energies of Ashati, Alsemia, Reiki, and Kundalini. Over the years she has healed many, restoring balance, energy and clarity to their lives. As she is an Intuitive Healer she receives guidance from your higher self and guides and part of the healing session is talking through this guidance.

Rachael opened her first sacred space in Singapore in 2016 called TempleSoul. She is now working in Sydney.

Rachael adores Cambodia and has been visiting since 2010. It is very close to her heart and to be holding her very first retreat here is very special for her indeed.

### **Registration, Bookings and Cancellation Policy**

Registration: currently open.

Confirmation: Participation will be made once the 25% non-refundable deposit has been received.  
Balance to be paid via bank transfer before May 24th

Cancellation: A 50 % refund will be made for cancellations received 14 days before date of arrival. No refund thereafter.

In the event of a no show, total cost of the stay will be billed to your credit card.

This is TempleSoul's inaugural retreat and we are so honored and grateful to be holding it at Knai Bang Chatt resort in Kep Cambodia.

We can't wait to welcome you!

