



R A K S A

R E T R E A T

SIGNATURE KRABI RETREAT

Full Schedule

8 Days / 7 Nights • Poonsiri Resort, Klong Muang, Ao Nang • October 2026 • ~14 Guests

Welcome to Raksa. This week is built around the Hanuman framework — discipline and play, held in balance. Every hike, workshop, and shared meal below is here to move you, ground you, and give you room to breathe. This schedule is for you as much as it's for us — a shared map for the week ahead.

A FEW NOTES BEFORE WE BEGIN

Breakfast is listed as 7:00–8:00 AM each day; it's available later too, up to 10:00 AM, for anyone who wants to sleep in.

"Free time" and **"optional 1:1 consultations"** blocks are intentional, not filler — this is where the retreat breathes. Resist the urge to program over them.

Dinner is included every evening except Sunday, when it's self-serve at the Landmark Night Market.

Lunch is on your own each day, except Sunday, when the Hong Island longboat trip includes a group lunch.

Optional 1:1 consultations are typically available from 1:00 PM onward.

Wednesday's dinner venue is a surprise, chosen by the resort's resident monkeys.

GUARDIANS OF BODY, MIND & SPIRIT



1 DAY 1 • FRIDAY — Arrival

Landing, settling in, first taste of Raksa.

Time	Activity	Details
3:00 PM	Airport pickup shuttle	Phuket (HKT) International Airport pickup.
3:00 – 5:30 PM	Transfer to Poonsiri Resort	
5:30 – 6:00 PM	Arrival, check-in	
6:00 – 7:00 PM	Welcome circle	Cam & San open the retreat — introduce the Hanuman framework, the week ahead, house rules.
7:00 PM	Dinner	Poonsiri Resort, included.

2 DAY 2 • SATURDAY — Dragon Crest Hike + Massage Workshop

Discipline first — earn the recovery.

Time	Activity	Details
7:00 – 8:00 AM	Breakfast	Poonsiri Resort, included.
8:00 AM	Depart for Dragon Crest	Tubkaak trailhead hike to best view in Krabi.
~8:30 AM – 1:00 PM	Dragon Crest hike	3–4.5 hrs round trip depending pace. Bring water, sun protection; guided pacing so no one is rushed.
1:00 – 1:30 PM	Return transfer	Back to resort.
1:30 – 2:30 PM	Lunch	
2:00 – 5:30 PM	Free time	Optional 1:1 consultations available.
5:30 – 7:00 PM	Thai Massage Workshop	Led in-house by San (recovery-focused techniques tied directly to the day's hike.)
7:00 PM	Dinner	Poonsiri Resort, included.



3 DAY 3 · SUNDAY — *Hong Island + Landmark Night Market*

A full day on the water, an open evening on land.

Time	Activity	Details
7:00 – 8:00 AM	Breakfast	Poonsiri Resort, included.
8:00 – 8:30 AM	Depart for Hong Island	
9:00 – 3:00 PM	Hong Island longboat excursion	Private longboat (island hopping) ride with snorkelling — group lunch included.
3:00 – 4:00 PM	Return transfer	Back to resort.
4:00 – 6:30 PM	Rest / free time	
6:30 – 9:00 PM	Landmark Night Market	Self-serve dinner — guests select & purchase their own dinner from the market.

4 DAY 4 · MONDAY — *Muay Thai + Thai Cooking Class*

Strike, then cook — discipline into nourishment.

Time	Activity	Details
7:00 – 8:00 AM	Breakfast	Poonsiri Resort, included.
10:30 AM – 1:00 PM	Muay Thai session	Technique and conditioning, scaled to group level.
1:00 – 1:15 PM	Ice Bath Challenge	Included — a chilled plunge to close out the session. Optional, but the whole group is invited to try.
1:15 – 4:00 PM	Rest / free time	Lunch on own arrangement. Optional 1:1 consultations available.
4:30 PM	Pickup for Thai Cooking Class	
5:00 – 8:00 PM	Thai Cooking Class	Dinner included — guests cook and eat what they make.



5 DAY 5 · TUESDAY — *Handstand + Tantra Workshops*

Play with balance, then presence.

Time	Activity	Details
7:00 – 8:00 AM	Breakfast	Poonsiri Resort, included.
9:00 – 11:00 AM	Handstand/Balance Workshop	Calisthenics-led — progressions for all levels.
11:00 AM – 1:00 PM	Rest / free time	Lunch on own arrangement.
1:00 – 3:00 PM	Tantra Workshop	Led session — presence, connection, breathwork.
3:00 – 6:30 PM	Free time	Optional 1:1 consultations available.
7:00 PM	Dinner	Poonsiri Resort, included.

6 DAY 6 · WEDNESDAY — *Ao Thalane Kayaking + Monkey Night*

Paddle the mangroves, then let the resident monkeys pick dinner.

Time	Activity	Details
7:00 – 8:00 AM	Breakfast	Poonsiri Resort, included.
9:30 AM	Pickup for Ao Thalane kayaking	
9:30 AM – 1:30 PM	Kayaking excursion	~4 hrs, guided mangrove tour. Kayaks are tandem — 2 people per kayak.
1:30 – 2:00 PM	Return transfer	Back to resort.
2:00 – 5:30 PM	Rest / free time	Optional 1:1 consultations available.
5:30 – 6:30 PM	Inspired Workshop	Slotted session — details TBD.
7:00 – 9:00 PM	MONKEY DINNER NIGHT	Tonight's dinner spot is a surprise, chosen by our resident monkeys. Follow the troupe to find out where you're headed.



7 DAY 7 · THURSDAY — *Sunset Cruise + Farewell Dinner*

Close the circle where it opened — at Poonsiri.

Time	Activity	Details
7:00 – 8:00 AM	Yoga	Poonsiri Resort.
8:00 – 9:00 AM	Breakfast	Optional 1:1 consultations available.
2:00 PM	Depart for sunset cruise	Pickup directly from Poonsiri Resort.
2:00 – 8:00 PM	Sunset Cruise	Poda Island stop — the retreat's final adventure.
8:00 – 8:30 PM	Return transfer	Back to resort, for the farewell dinner.
8:30 PM	FAREWELL DINNER	Poonsiri Resort — we close the circle back where the week began.

8 DAY 8 · FRIDAY — *Departure*

Send-off.

Time	Activity	Details
7:00 – 10:00 AM	Breakfast & Packing	Poonsiri Resort, included.
10:00 AM	Closing Ceremony	A short closing circle together before you go.
11:15 AM	Checkout, airport shuttle departs	Private shuttle to Phuket International Airport (HKT) , arriving approximately 2:30 PM, subject to traffic.

RETURN FLIGHTS

Please book return flights departing Phuket International Airport (HKT) no earlier than 4:30 PM on departure day. Our complimentary shuttle leaves Poonsiri Resort at 11:15 AM, arriving at HKT at approximately 2:30 PM, subject to traffic.