

21st-27th February, 2026

Where Restorative Yoga and Culture Meet

Led and delivered by Yulia Bystrova



Introduction

The goal of this retreat is to establish a solid practice to help your mind and body detox and reset, coupled with experiences that you will remember forever! During the 7-day retreat we will be practicing various forms of yoga - Vinyasa, Nidra, Yin, Power, along with breathwork, meditation and goal setting. The tranquil sanctuary of Baan Metta, which is situated 5 minutes from the nearest town and 25 minutes, or less from some of the best attractions Koh Samui has to offer. The villa is composed of a traditional, yet luxurious design throughout, to ensure you will be comfortable and able to reset. The villa also features spacious, green grounds, a 15m pool, a tennis court, an outdoor massage area and stunning views of the Thai Sea.

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Accommodation: Villa Baan Metta

With 5 bedrooms, which all feature an ensuite (can be made up to be either double or twin rooms depending on preference) and high ceilings, two outdoor social areas, a pool, steps into the sea the villa boasts space. It is situated a 45-minute drive from Koh Samui airport, and the views of the sunsets are instagram ready, palm trees, coconuts and the sound of the sea. Baan Metta is the ideal place to forget about your responsibilities and allow both your mind and body to reset. All this means that you can focus on restoring yourself, expanding your practice and experiencing all that a bustling and cultural Island, like Koh Samui has to offer.



Yoga



The yoga segment of this retreat will consist of a variety of different forms, all of which are centred around the four elements - Earth, Wind, Water and Fire. Power Vinyasa to feel a fiery strong flow. Yoga Nidra and stretching to help achieve a feeling of grounding and being at one with the Earth. Yin Yoga will have you feeling like you are agile and light like the wind. Smooth and calm water based flows act as a way of controlling your inner storm. Below is a rough schedule of the yoga, breathwork, body-priming and goal setting for the retreat:

Day 1 - (depending on arrival time)

AM Yoga: Jet lag release, spinal movement, grounding breathing

PM Yoga: Intention-setting & restorative

Day 2 -

AM Yoga: Earth Element Vinyasa – grounding and stability

PM Yoga: Restorative yoga and sound healing

Day 3 -

AM Yoga: Water Element Vinyasa - fluid hip-opening vinyasa

PM Yoga: Restorative hip-opening yoga with singing bowls in D tone and ocean sounds

Day 4 -

AM Yoga: Fire element strength and transformation - core & solar plexus

PM Yoga: Restorative twist to release excess fire and deep vibrations for energy balance

Day 5 -

AM Yoga: Air element expansion and breath - heart opening flow

PM Yoga: Restorative chest openers, sound baths with chimes and rain stick

Day 6 -

AM Yoga: Ether element - slow mindful flow

PM Yoga: Yin Yoga and singing bowl meditation for crown chakra

Day 7 -

AM Yoga: Gentle flow - gratitude meditation and closing circle

Fueling your retreat (food)

The luxury of the villa does not stop with its beautiful architecture and comfortable living spaces. There are private staff on-hand to prepare and cook nutritious and delicious food to ensure that you are able to fuel and refuel whenever you need, to enjoy all of the yoga, activities and experiences. The staff will cater to any dietary needs or requirements. The staff, who are available, to ensure you have all the home comforts necessary to feel looked after and relaxed.



Activities & Exploring

When it comes to exploring Koh Samui, having the right clothing makes things easier. The island stays warm and tropical, so pack light daytime outfits, swimwear, activewear for anything energetic, and a couple of relaxed layers for evenings or air-conditioned venues. Comfortable sandals will cover most outings, with trainers for anything more active.



Daytime activities revolve around discovering the island's beaches and cultural highlights. Expect time at well-known beach areas like Chaweng, Lamai and Bophut — all great for swimming, relaxing, grabbing fresh coconut drinks and trying local beachside food. Visits to landmarks such as the Big Buddha Temple (Wat Phra Yai), Wat Plai Laem and the Hin Ta & Hin Yai rock formations offer a sense of Samui's character and charm.

A key highlight is Fisherman's Village in Bophut — a lively beachfront area filled with boutique shops, cafés, restaurants and bars. It's especially atmospheric in the evening, perfect for wandering, snacking and exploring.

Koh Samui also has a strong luxury hotel bar scene, and we'll be making the most of it. Many of the island's top hotels offer stunning ocean-view bars ideal for pre-dinner drinks or a chilled evening out. Think elevated lounges at the W Koh Samui with panoramic views, elegant cocktail bars within resorts like Banyan Tree, or sunset terraces at the Four Seasons where you can enjoy refined drinks in a serene setting. These spots are known for creative cocktails, attentive service and a more polished, relaxed atmosphere.

For food and evening exploring, the island's night markets are a must. You'll find everything from Thai classics like pad thai and grilled skewers to fresh seafood, desserts and local crafts. They're casual, lively and perfect if you want variety in one place. Beyond that, the full dining scene ranges from beachside restaurants with fresh seafood, to modern Asian fusion venues and stylish cocktail lounges.



Payment & Travel

Payment

The cost of the retreat is £1,750 per person, if you wish to come as a couple or with a friend, the cost is £1,500 per person. This **DOES** include everything that has been mentioned in this document - accommodation, 2 meals per day and drinks at the villa, and (the welcome dinner at restaurant **IS** included), 2x yoga sessions per day and private on demand transfers (in Koh Samui).

This cost **DOES NOT** include activities, travel insurance, flights, shopping, meals, snacks and drinks while out or any extra activities you book yourself.

Payment structure

- A non-refundable deposit of 50% will be required at the time of booking to secure your place and cover costs.
- Full payment is due 7 days before the retreat begins
- Cancellations:
 - More than 7 days before the start date: refund of any payments made, excluding the deposit, will be actioned.
 - Less than 7 days before: no refund available
- Bookings are transferable to another participant with prior written notice and approval.
- We strongly recommend purchasing travel insurance that includes coverage of your possessions, illness and for unexpected cancellations

Travel

We advise arriving at the villa anytime on the 21st February in order to be ready for the retreat to start on the morning of the 22nd February. The below flight shows a suggested journey to Koh Samui, we recommend Lufthansa who have a typical cheaper price point.

London to Ko Samui

Friday, 20 February 2026

14:50

LHR

2
stops

+1 day

15:35

USM

Ko Samui to London

Saturday, 28 February 2026

10:00

USM

2
stops

21:40

LHR

Terms & Conditions

By booking onto this retreat you are committing to having comprehensive holiday insurance.

Whilst I have sourced a safe and reputable venue, which is gated and has security, I am not responsible for your health and safety nor the safety of your possessions whilst we're on retreat. Please bear in mind that this is a foreign country where there is no free healthcare for foreigners, pick-pocketing can happen and accidents/illness can occur when travelling.

Please make me aware, in advance, of any injuries or conditions that I need to be mindful of when leading your yoga practice. I would also kindly request that you consider the customs, practices and traditions of this beautiful country e.g. covered arms and legs are preferred (and usually required in a number of the temples and spiritual attractions).

If you have any questions, please reach out to me via my email address - yogawibewithjulietta@yahoo.com.