



# WEEKEND ESCAPE PACKAGE

Come join us for the weekend and relax in your private bungalow with personal library, tropical pool, garden and spa facilities. Take time to relax in our 30,000 book coffee shop and reenergize your body, mind and soul.  
Rooms only 2,500 Baht per night as special promo rate

## Saturday

**9.00-10.00 am** Yoga Fly Linnie (10 spaces)

**10.30-11.30 am** Crazy Monkey Defense with Aaron

**12.00-1.00 pm** Brazilian Jiu jitsu with Prof Adam

**1.30-2.30 pm** Yoga Fly Linnie (10 spaces)

**3.00-4.00 pm** Movement and meditation in action class Aaron

**5.00-6.00 pm** No Gi and Crazy Monkey Defense with Coach Adam and Aaron

**5.00-6.00 pm** Flexibility class with Linnie (includes yoga mat)

*Drop in classes 500-600B, please email us for PRIVATES and ALL WEEKEND FREE PASS OFFERS*





## Sunday

**9.00-10.00 am** Yoga Fly Lynnie (10 spaces)

**10.30-11.30 am** Crazy Monkey Defense with Adam and Aaron

**12.00 -1.00 pm** Brazilian Jiu jitsu with Prof Adam

**1.30-2.30 pm** Yoga Fly Lynnie (10 spaces)

**3.00-4.00 pm** Strength and conditioning classes Coach Adam and Aaron

**5.00-6.00 pm** Mindfulness, movement and flexibility class Aaron

*Drop in classes 500-600B, please email us for PRIVATES and ALL WEEKEND FREE PASS OFFERS*

Mountain running/walking, surfing/SUP and individually tailored programs can be arranged.

Fitness, martial art clubs and corporates please email for team building weekend package.

So if it's relaxing with our superbly blended coffee and one of our 30,000 books, a deep tissue massage or yoga and meditation session or even pushing your body to new physical limits, we have what you need.....come and experience Tree Roots Retreat!



*Come & stay in our beautiful bungalows!*



Contact [crispin@treerootsretreat.com](mailto:crispin@treerootsretreat.com) or [aaron@treerootsretreat.com](mailto:aaron@treerootsretreat.com) or book your bungalows at [www.treerootsretreat.com](http://www.treerootsretreat.com) (use PROMO CODE WKN for reduced bungalow rate)