



TREE ROOTS
RETREAT
RAYONG THAILAND

A BOUTIQUE ESCAPE ON THE TRANQUIL BEACH
OF MAE RUM PEUNG IN RAYONG, THAILAND

EXPLORE YOUR INNER WARRIOR



OUR VISION

Tree Roots Retreat is the vision of Founder Aaron Le Boutillier who believes mindfulness, movement and meditation can be experienced through martial arts, cardiovascular intense exercise and the beauty of architecture, art, books, landscaping and design.

Tree Roots offers an experience, either through the design and landscaping or through the variety of courses offered, all designed to reach and awaken your inner warrior and learn how to confront and conquer the inner opponent.



SERENITY AND ACTIVITY

Tree roots offers a secluded 9 bungalow area with private pool and garden for those looking for sanctuary, along with a fully equipped gym, yoga fly and martial arts dojo, movement and strength and conditioning area, a private 30,000 book library incorporated into a coffee shop and restaurant offering local natural foods in a simple and healthy menu.

Come join us and live the tree roots experience.



"At the still point of the turning world. Neither
flesh nor fleshless; Neither from nor towards;
at the still point, there the dance is,
But neither arrest nor movement.
And do not call it fixity,
Where past and future are gathered.
Neither movement from nor towards,
Neither ascent nor decline. Except for the
point, the still point, There would be no
dance, and there is only the dance."

– T.S. Eliot

OUR PROGRAMMES



WEEKEND ESCAPE PACKAGE

Starting From Saturday morning until late Sunday afternoon, the weekend experience is a blend of Yoga Fly, Brazilian Jiu-Jitsu, Crazy Monkey Boxing and Movement classes with optional, Surfing, SUP'ing and Mountain Trek. Please email for full brochure



TREE ROOTS 5 DAY FULL CONTACT LIVING-PACKAGE WITH COACH RODNEY KING

The FCL experience teaches through an action orientated process, how to harness your inner game both in life and your career. We achieve this by taking you through a series of embodied drills, taught through a mindfulboxing™ program and other somatic movement disciplines. This experience does not take place by sitting down, but rather by engaging with the learning experience through an experiential approach. www.fullcontactliving.org



TREE ROOTS 3 DAY MOVEMENT, YOGA FLY & CORE STRENGTH TRAINING PACKAGE

This three day experience focuses on the basic yoga fly program incorporating movement, yoga and flexibility exercises. Our resident Yoga Fly instructor will assist all levels and no experience is needed.



TREE ROOTS 3-5 DAY INTENSIVE BRAZILIAN JIU JITSU AND CRAZY MONKEY DEFENCE PROGRAM

This is designed to assist all levels of martial artists from the beginner to experienced. Our program is based on flow and mastery of yourself in a no ego, non competitive environment and is run by world class martial art coaches. Email for more information on coaches and specific programs.



All the our programmes come with optional surfing and stand-up paddle boarding privates at our associate surf school, directly located on the beach.

www.thaisurfschool.com



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If you require further information about Tree Roots Retreat or any of our Programmes then please contact us.

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