

MOTHER NOMAD

4 NIGHTS / 5 DAYS

3 - 7 DECEMBER 2026

Day
01

ARRIVE & LET GO

-  Arrival & Check-in
Your welcome pack & goodies waiting in your room
-  Time to settle, wander, or do nothing at all
-  Welcome dinner under the sky

Day
02

MOVE & CONNECT

-  Beach walk at first light
Yoga & Journaling
Lunch
-  Muay Thai discovery as the afternoon softens
-  Breathwork & Sound Healing

Day
03

ISLAND ADVENTURE

-  A boat to Koh Phangan & The Sanctuary
Island hike
-  A long, unhurried lunch
One hour of massage, just for you
-  The rest of the day is yours

Day
04

MOVE. REST. REFLECT

-  Beach Workout
-  An afternoon with nothing on it
-  Closing circle & farewell dinner

Day
05

SLOW MORNING & GOODBYES

-  Gentle yoga before a long breakfast
-  Check out – but not the same as you arrived

