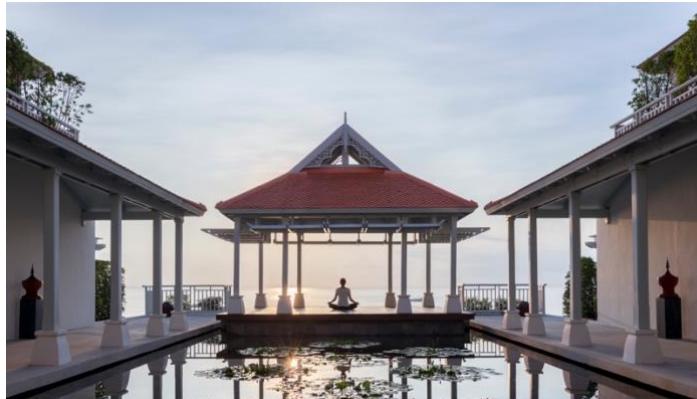




## AMATARA WELLNESS RESORT ANNOUNCES MINDFULNESS SILENT RETREAT FOR 2020

Five-Night Life-Enhancing Retreat in Collaboration with Wellness Specialists from Six Spac



Phuket, 23 September 2019: Positioning itself as one of Thailand's leading destination spas, [Amatara Wellness Resort](#) in Phuket announces a full immersion **Mindfulness Silent Retreat** from 2-7 June 2020. In collaboration with health and wellness coach, and founder of [Six Spac](#), Danica Toh, the five-night experience will provide participants with the skills to apply mindfulness into everyday life through an artful integration of meditation and yoga techniques taken in undisturbed silence. Complemented by the tranquil natural setting of Amatara Wellness Resort and tasteful nourishing cuisine, participants will develop the skills to implement cognitive, emotional and behavioural changes to nurture inner peace, cultivate greater awareness and find clarity of mind.

Singapore based company Six Spac works to support clients with quality experiential training to learn the practice of self-awareness to help cope effectively with life stressors, gain insights into the workings of their mind to strive for inner wisdom, compassion and well-being, and cultivate happiness and satisfaction in life. The foundations are built on the *Mindfulness-Based Stress Reduction* (MBSR) programme, one of the most recognised and established mindfulness courses in the world. With guidance from Amatara Wellness's team of certified therapists the six-day/five-night **Mindfulness Silent Retreat** will combine holistic mindfulness practices by Six Spac with the resort's established expertise in rounded wellbeing.

Creating a solitary experience to provide participants an opportunity to reach deep states of consciousness, the retreat will guide participants through the practical and theoretical aspects of meditation. An intensive tailored programme of body and breathe awareness training; mindfulness meditation practices; and gentle stretching and movement sessions will leave participants with an increased sense of balance and wellbeing, and the skills to better deal with stress. Additional benefits include increased energy levels and overall productivity; improved levels of concentration and focus through a clearer mind; and a stronger immune system.



Guests can enjoy accommodation in a choice of beautiful sea view pool villas and spacious suites and a selection of wholesome dishes at Amatara's *The Retreat* restaurant; delivering unrefined, nutritious cuisine from a menu inspired by modern healthy eating influences. With meals taken in silence participants will learn what it means to be present and discover the benefits of mindful eating. Between meditation sessions guests are invited to relax and revitalise at Amatara Spa, an integrated 2000sqm haven offering individual holistic treatments.

Amatara Wellness Resort's five-night **Mindfulness Silent Retreat** starts from THB69,800 based on two adults sharing Bay View Suite accommodation, and includes enrolment in the six day/ five night retreat; breakfast, lunch and dinner on the full retreat days, plus light snacks and herbal juices; dinner on the first night of the retreat and breakfast on the final day; a custom-made detailed retreat manual; complimentary use of pool, fitness and sauna & steam; special discount of 20% for food & beverages and 30 % for spa and wellness treatments; round trip airport transfers from/to Phuket International Airport.

EARLY BIRD PROMOTION: 10% discount until November 2019. Use code: EARLYBIRD10

For further information and reservations, visit [www.amataraphuket.com](http://www.amataraphuket.com), email: [reservations.phuket@amataraphuket.com](mailto:reservations.phuket@amataraphuket.com) or call: +6676318888. Follow Amatara Wellness Resort for latest news and promotions at Facebook Fanpage @Amatara Wellness Resort and Instagram @amatararesort.

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**Notes to editors:**

**Amatara Wellness Resort, Phuket, Thailand**

Amatara Wellness Resort offers the luxury resort holiday in Phuket and life-enhancing and transformative wellness retreat experiences with the view of picturesque turquoise Andaman Sea in a peaceful corner of Cape Panwa. This wellness resort awaits to welcome you to relax, recharge, and be inspired. Let yourself be found within the perfect tranquility of the Andaman's blue seas and endless skies, this resort was established with the vision of creating this place to be the comprehensive wellbeing sanctuary. The place to support guest's life journey with continued improvement, learning, and sharing aligned with mindful practice and sustainable wellness approach. Amatara understands the individual needs and therefore also offers the ideal relaxing and luxury seaside resort for leisure guests to wind down either by its 55-metre infinity-edged pool or at Sun & Moon



rooftop lounge. The resort has 105 suites and villas, each with its own private balcony and sea view. The stunning Premier Sea View rooms, Pavilions, and Suites set new standards in comfort and design while the ultimate Pool Villas feature their own private pool, which allows an unforgettable luxury and privacy. This tropical resort also offers the finest gourmet cuisines and one of the region's best ocean-view spa facilities.

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