



Spirit Retreats

Custom Retreat Proposal

A personalised somatic immersion in Chiang Mai

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How Our Retreats Work

Our retreats are built around the body and the rhythm of your system. The structure is simple and modular: you choose how many days you stay, and you choose how many sessions you do.

THE CONTAINER

Each retreat is held at Papai Country Lodge, a quiet, nature-based environment about 45 minutes from Chiang Mai. The setting is unhurried, away from external input, and built to support what the work asks of the body — rest, spaciousness, time to integrate.

THE WORK

Sessions are private, somatic, and adjusted to your system. Two-hour sessions with Simba make up the core of the retreat. They draw from Internal Alchemy — breath, fascia, nervous system, energy, and tremor work — and follow your actual capacity rather than a fixed schedule

Between sessions, the focus is on rest, integration, journaling, and being with what is moving. Integration days are added whenever your system benefits from spaciousness.

THE STRUCTURE

- Choose your length of stay — between 3 and 14 days.
- Choose your session rhythm — one or two sessions per day, with rest days as needed.
- Pre-arrival assessments are sent one week before your stay, and the plan is shaped from what the system shows.

WHAT IS INCLUDED

- Accommodation at Papai Country Lodge
- All meals
- Private airport pickup and drop-off
- Onboarding and offboarding meetings with Simba
- Pre-arrival assessments and a personalised plan





Rate Card

A clear daily rate for the stay, a clear session rate for the work.

THE STAY & THE WORK

Item	Rate	Notes
Accommodation	\$65 / night	Private room, full stay
Meals	\$30 / day	All meals included during the stay
Airport transfer	\$75	Private pickup and drop-off, round trip
Private somatic session	\$333	2-hour session with Simba
Onboarding & offboarding	Complimentary	Welcome and closing meetings with Simba

QUICK REFERENCE — ONE SESSION PER DAY

Days	Sessions	Breakdown	Total
3	3	\$285 stay + \$75 transfer + \$999 sessions	\$1,359
5	5	\$475 stay + \$75 transfer + \$1,665 sessions	\$2,215
7	7	\$665 stay + \$75 transfer + \$2,331 sessions	\$3,071
10	10	\$950 stay + \$75 transfer + \$3,330 sessions	\$4,355
14	14	\$1,330 stay + \$75 transfer + \$4,662 sessions	\$6,067

QUICK REFERENCE — TWO SESSIONS PER DAY

Days	Sessions	Breakdown	Total
3	6	\$285 stay + \$75 transfer + \$1,998 sessions	\$2,358
5	10	\$475 stay + \$75 transfer + \$3,330 sessions	\$3,880
7	14	\$665 stay + \$75 transfer + \$4,662 sessions	\$5,402
10	20	\$950 stay + \$75 transfer + \$6,660 sessions	\$7,685
14	28	\$1,330 stay + \$75 transfer + \$9,324 sessions	\$10,729

Two-sessions-per-day is the maximum rhythm; rest days are held as the system asks.

How to Apply

Fill in the application and let us know your general intention, preferred length of stay, and timing for arrival. From there, we'll reach out to answer any questions you have.

The next step is a consultation. If you already feel ready to move into that conversation, you're welcome to find a suitable slot directly in our calendar. If nothing there fits, or you have any questions, reach out to us at hello@livingwiththespirit.com or on WhatsApp / Line / Telegram at +66 64 876 1382 and we'll find time together.

Both the application and the consultation are non-binding — they're simply a way for us to meet, hear what you're coming with, and see together whether a retreat with us is the right fit.

Application: <https://forms.gle/t2RHQTj2TseTrt3n6>

Consultation calendar:

Simba: <https://calendly.com/simba-spirit/discovery-call>

Sara: <https://calendly.com/sara-spirit/discovery-call>

Looking forward to supporting you,
Simba & Sara

