

## WELCOME TO A UNIQUE WELLNESS & PHOTOGRAPHY RETREAT



*I hope you will join me on this transformational and enjoyable journey!*

*Gaye Gerard*

### Where better to revitalise than in Paradise...?

Your absolute sanctuary retreat is an opportunity for you to be pampered in luxury at Thailand's Premiere Detox, Yoga & Spa Resort, where each day can include a wide array of invigorating spa treatments, morning meditation and yoga, energising fresh juices or healthy light vegetarian cuisine followed by an optional colonic to allow your body to detoxify and restore itself.

Be inspired in a series of 'Wellness Talks' with Holistic Practitioners including Spiritual Energy Healer and Artist, Miho Sakamoto who will share her wisdom and knowledge in a talk entitled "Your Creative Spirit."

This retreat is a chance for you to connect with nature and breathe in the beauty of the idyllic surroundings, enjoy a tour with Gaye Gerard where you can let your imagination come alive and have fun enhancing your intuitive skills with photography.

Ignite your inner journey at this acclaimed destination spa and yoga resort through the personalised service and true warmth of wellbeing specialists. Relax and rejuvenate your mind, body and spirit in a myriad of ways from swimming in the turquoise waters of the gulf of Thailand to taking long walks on the soft sandy beaches shaded by towering palms. Samui has a magical formula that seems to cast its spell on everyone and this special retreat promises to be an unforgettable experience...

### About Your Host

The vision that led Gaye to creating this retreat came to her after her own personal experience detoxing in Thailand and engaging in yoga and meditation. "It was through this incredible journey of cleansing and nourishing my body & spirit and taking peaceful long walks in nature with my camera, that I was filled with inspiration. My intuition began to speak to me with such clarity and my dreams became so vivid, like I had tapped into a deeper level of my soul.

The idea of sharing this wonderful experience with others sparked the concept of creating a Wellness & Photography Retreat.

### Trip Dates

May 4<sup>th</sup> – 12<sup>th</sup> 2012

## Trip Costs

\$2797pp Twin share excluding airfares,  
All inclusive as per details listed below

## Options & Supplements

Single Travellers Supplement \$500pp excluding airfares

# Wellness and Photography Retreat Itinerary

Cleanse your body, Reconnect with your spirit, Explore your Creativity

### Day 1 – Friday – 4th

Upon arrival in Koh Samui Airport, you will collect your luggage and a transfer will await you to take you to Absolute Sanctuary Resort. Check in and settle into your room. Enjoy a Liver Flush drink at the Love Kitchen, which will replace dinner tonight in preparation for your Cleanse and meet Gaye your Host for a brief retreat introduction at 8pm.

### Day 1 – Saturday 5th – Wellness Consultations

- 7:00am First Detox drink at the pool juice bar
- Free Time For massage, detox and spa treatments, steam, swim, relaxing by the pool
- Free shuttle To Chaweng Beach for shopping (optional)
- 4:30pm Gentle Flow Yoga (optional)
- 8:30pm Group Movie in Theatre (optional)

### Day 2 – Sunday 6th

- 7:00am First Detox drink at the pool juice bar
- 8:00am Meditation
- 8:30am Yoga
- Free Time For massage, detox and spa treatments, steam, swim, relaxing by the pool
- Free shuttle To Chaweng Beach for shopping (optional)



**Day 3 – Monday – 7<sup>th</sup>**

- 7:00am First Detox drink at the pool juice bar
- 8:00am Meditation
- 8:30am Yoga
- Free Time For massage, detox and spa treatments, steam, swim, relaxing by the pool
- Free shuttle To Chaweng Beach for shopping (optional)

**Day 4 – Tuesday – 8<sup>th</sup>**

- 7:00am First Detox drink at the pool juice bar
- 8:00am Meditation
- 8:30am Yoga
- 10:30am – 12:00pm Workshop - “Your Creative Spirit” with Miho Sakamoto
- Free Time For massage, detox and spa treatments, steam, swim, relaxing by the pool
- Free shuttle To Chaweng Beach for shopping (optional)

**Day 5 – Wednesday 9<sup>th</sup> – Photo Tour Gaye**

- 7:00am First Detox drink at the pool juice bar
- 8:00am Meditation
- 8:30am Yoga
- 9:45am Meet at reception – Island Photo Tour with Gaye 10am - 3pm (Time TBC)  
*(Bring smoothies & raw food with you. Pre-order the day before at the Love Kitchen)*
- Free Time For massage, detox and spa treatments, steam, swim, relaxing by the pool
- Free shuttle To Chaweng Beach for shopping (optional)

**Day 6 – Thursday 10<sup>th</sup>**

- 7:00am First Detox drink at the pool juice bar
- 8:00am Meditation
- 8:30am Yoga
- 10:30am – 11:30am Guest lecture “Maintain Your Healthy Balance”
- Free Time For massage, detox and spa treatments, steam, swim, relaxing by the pool
- Free shuttle To Chaweng Beach for shopping (optional)
- 6:00pm Meet at the Reception for pick up as we venture to Bophut Beach and night Market  
*(Bring smoothies & raw food with you. Pre-order the day before at the Love Kitchen)*

**Day 7 – Last day – Friday 11<sup>th</sup>**

- 7:00am First Detox drink at the pool juice bar
- 8:00am Meditation
- 8:30am Yoga
- 12:00pm Cheong Mon shuttle bus, return pick up at 5pm optional  
*(Bring smoothies & raw food with you. Pre-order the day before at the Love Kitchen)*
- Free Time For massage, detox and spa treatments, steam, swim, relaxing by the pool
- Free shuttle To Chaweng Beach for shopping (optional)

**Day 8 - Saturday 12<sup>th</sup> - Checkout before 12pm**

- 8:00am Fruit plate coming off cleanse
- Checkout Transfer to Airport included  
Option to extend your stay at discounted rate

**Note\***

- Extra Yoga classes are available daily at 4:30pm at 250TB per class, payable on checkout.
- The 4 colonics that are included in the program may be exchanged for Detox Massages, this must be advised upon the initial Wellness consultation.

- Holistic Practitioners will be available during our retreat for Private consultations one on one and can be booked at the Spa Reception; these are done on a cash basis only.
- There will be a daily complimentary shuttle bus to Chaweng Beach for shopping, check reception for times.
- Additional food and beverage outside of the program, plus laundry services and phone are payable on checkout.
- Vegetable Broth soup and ginger tea are available at the Love Kitchen complimentary all day.



### What's Included

- 8 nights accommodation at Absolute Sanctuary Resort & Spa in a Superior Room
- Initial In-depth Wellness Consultation on arrival
- 4 x Colon Hydrotherapy sessions (may change for 4 detox massages)
- 2-4 X Nutritional Supplements per day
- 2-4 x Detox Drinks per day
- Healthy Modified diets ranging from full fasting with only detox drinks & supplements to light raw food vegetarian meals dependant on initial wellness consultation
- Final Wellness Consultation with take-home guidelines
- Pool, Steam Room, Mini-Theatre Access
- 1 x Yoga Class Per Day
- 1 x Liver Flush Drink Before & After program
- 1 x Coconut Juice a day
  
- Unlimited vegetable broth soups per day
- 3 x 60 min Absolute Detox Massages
- 2 x 60 min Absolute Thai Stretch massages
- 1 x 60 min Indian Head Massage
- 2 x 30 min Magnesium Foot Bath
- 3 x 30 min Far Infrared Sauna Session
- 1 x 75 min Absolute Holistic Facial Experience
- 1 x 60 min Reiki Session
- Airport Transfers
- Bophut Fishermans Village Night Markets Excursion ( Shuttle Bus)
- 2 x Wellness talks By Guest Speakers at Absolute Sanctuary
- Gaye Gerard as Retreat Leader
- Photo Tour with Gaye Gerard 4.5 hours
- Complimentary shuttle to Chaweng Beach for shopping and sightseeing daily
- Bonus Foot Massage
- Bonus shuttle on 1 day to Cheong Mon Beach

- Wi Fi internet is complimentary in the Resort

### What's not included?

- Airfares & taxes, excess baggage charges
- Dinner or beverages on the first night of arrival are not included, only 1 liver flush drink will be provided as an introduction to the retreat cleanse.
- Travel insurance is compulsory, must be purchased from your travel specialist, prior to departure
- Accommodation or meals, en route to Koh Samui.
- Visas – check with your travel specialist
- Personal Taxi fares
- Resort services such as Laundry, phone
- Optional day trips or tour activities
- Tips & Gratuities
- Extra yoga sessions on top of the allocated 1 per day in the package are at a special rate of 250 Bt per class
- Private one on one consultations with individual Holistic Practitioners are payable by cash only
- Any purchases, food or drinks, during the Bophut Fishermans Village Excursion or outside of the resort and during the Photo Tour are at your own expense.
- Credit card surcharges if applicable.

### Special Discount Rates for Participants on extended services:

- 15% discount on any additional food and drinks during the retreat
- 20% discount on additional spa treatments
- 50% discount for any extensions of stay on room rack rates.
- Additional yoga classes are 250 bt per session, payable on checkout.



## QUICK FACTS

### Location – Thailand

Situated in the heart of the continental zone of Southeast Asia, Thailand is surrounded by Laos, Cambodia and Gulf of Thailand (South China Sea) on its east side, Myanmar and Andaman Sea (Indian Ocean) on the West and Malaysia in the South. Koh Samui is a 60 minute flight from Bangkok Airport via Bangkok Airways, [www.bangkokair.com](http://www.bangkokair.com)

### Visas - Vaccinations & Currency

Check with your local Travel Specialist for current information, please make sure you have at least six months validity on your passport.

**Thai Baht** – any additional extras during the retreat can be paid in cash Thai Baht or on your credit card at check out with the exception of one on one consultation with the holistic practitioners these need to be paid in cash.

### Accommodation

Absolute Sanctuary is a Luxury Modern Wellness & Yoga Resort situated in Koh Samui, Thailand, with 38 Moroccan inspired rooms. Our retreat will be featuring twin share accommodation in a superior room overlooking the pool, or the option for a private room is also available at an additional supplement. All rooms feature an en-suite bathroom, air conditioning, ceiling fan, desk, safe, hair dryer, TV, telephone and full amenities with other items such as iron, ironing board, kettles.

### The resort includes the following facilities:

- A stunning 20 x 10 meter infinity pool, herbal steam room and infrared sauna
- Mini theatre for movies,
- Detox centre with 6 colon hydrotherapy rooms,
- Spa Center featuring deluxe treatments both indoor & outdoor.
- Yoga center featuring 3 studios,
- The Love Kitchen serving healthy yet tasty meals with a guest lounge area featuring internet terminals.
- The popular Juice Bar which quickly becomes the central gathering place of the resort

Check in time is - 2pm

Check out time is - 12pm



## Package - Meal Options

You have the option of selecting one of 3 types of meal options within this retreat:

- a) Full Fast – with detox juices and nutritional supplements
- b) Light Raw food complimented with nutritional supplements and detox juices
- c) Light Vegetarian Food

## What to Bring

Light clothing, swimsuit, sarongs, sunglasses, thongs or sandals, walking shoes for photo tour, light rain jacket, daypack, personal items such as sunscreen, books, personal writing pad, notebook or journal, a travel adapter can be purchased at the airport it is 220 volts.

## What to bring for the photo Tour

Camera & lenses, memory cards, daypack, batteries, chargers. If you would like to have your images taken on the day trip reviewed with Photographer Gaye Gerard please bring your own computer device, a card reader to download the images and discs or extra memory stick for storage.

Point and shoot digital cameras are welcomed please be sure to bring extra batteries, chargers, memory cards and your instruction manual.

## SIGN UP NOW

### Payment Terms:

**One Low price of \$2797 pp Twin Share,**  
add \$500 single supplement

1. Email [info@gayegerard.com](mailto:info@gayegerard.com) for a copy of the registration form.
2. Complete your registration form and return it to Gaye Gerard Photography to secure your place. (Cash, cheque or direct bank transfer). 2 payment options:

#### - Payment in Full

**\$2797 AUD Twin share – Due By 1<sup>st</sup> March 2012**

#### - Payment Plan - Twin Share

**Deposit of \$932 – Due at time of booking + 2 payments of \$932**

**2<sup>nd</sup> Payment of \$932 due by 1<sup>st</sup> March 2012,**

**3rd Payment of \$932 due by 1<sup>st</sup> April 2012**

3. Once you have paid in full you will receive an email confirming your payment.
4. Once we have confirmed the minimum number of participants you will receive notification to go ahead and book your Flights and Travel insurance and confirmation of your place on the retreat.

If you have any questions just send Gaye an email at the below address and she will do her best to get you a quick answer.

### Address:

**GAYE GERARD PHOTOGRAPHY**

PO Box 6129 Alexandria NSW 2015 Australia

Phone: +61 410 898 293

email: [info@gayegerard.com](mailto:info@gayegerard.com) web: [www.gayegerard.com](http://www.gayegerard.com)



Escape Relax Rejuvenate

on this unforgettable retreat experience!

## Terms & Conditions

### Cancellation Terms

Gaye Gerard Photography must receive written notice of any cancellation by you at which time, the following cancellation fees will apply:

- If cancelled 31 days or more before departure, a fee equal to 50% of the retreat cost will be payable.
- If cancelled less than 30 days before departure, or in the case of a “no show” on the date of departure, a fee equal to 100% of the retreat cost will be payable.
- Failure to pay by the due dates will be deemed to be a cancellation of the booking.
- No refunds will be made for unused portions or services of the retreat for any reason.
- The retreat is sold as a land package only. Cancellation fees are not transferable. Credit card surcharges will apply if the fees are paid by credit card.
- Direct deposit facilities are available and details may be obtained from Gaye Gerard Photography.
- Gaye Gerard Photography reserves the right to cancel this retreat. In the event of this happening, all payments received for the land package will be refunded and the participant shall have no further claim, of any nature whatsoever, against Gaye Gerard Photography, arising out of such cancellation.
- Any such refund will not include payments or cancellation charges for any bookings for private or additional services made in addition to the itinerary outlined above. Responsibility for such bookings lies solely with the participant.

### Flight Reservations

Airfare is not included in the cost of this trip. For air reservations, we recommend you contact the airlines directly, either by phone or Internet. **Please do not book your flight without Verifying that we have enough participants to operate the trip.** The retreat will run on a minimum of 6 participants.

### Insurance

You are encouraged to purchase travel and liability insurance. If you are hurt in a remote area, it can be very expensive to air lift you to the nearest reliable medical facility. Gaye Gerard Photography does not provide any insurance for trip participants as they are not a travel agent or service provider in Australia.

You will need to purchase a travel insurance policy that meets your needs for medical expenses, emergency medical evacuation, trip cancellation and interruption and baggage protection. Travel insurance is mandatory for this retreat. Due to the non-refund ability of deposits paid, as stated above, participants are strongly urged to purchase travel protection insurance at time of or prior to paying the first deposit/full payment.

### Health Considerations

This retreat is designed to be detox retreat either with light raw vegetarian foods, or detox drinks, plus nutritional supplements, for further details of the nutritional supplements provided please contact Absolute Sanctuary Resort and Spa in Koh Samui directly prior to registering for the retreat.

Responsibility for participating in this retreat lies solely with the participant when they register.

A separate form will be provided and must be signed and returned to Gaye Gerard Photography at the time of booking and will be forwarded to Absolute Sanctuary for their records.

If you have concerns about your own capabilities, state of health or fitness as it relates to this trip, you must seek the advice of your local doctor or medical practitioner prior to registration for the retreat. In no way will Gaye Gerard Photography be held liable in any way what so ever for the health of the participant.

By forwarding a signed Registration Form and paying the retreat fees, you warrant that, to the best of your knowledge, you do not have any physical or other disability that would create a risk for you or other trip participants. Gaye Gerard Photography reserves the right to request a medical certificate from a participant at any time before departure or during the retreat.

Once booking has been accepted by Gaye Gerard Photography, medical circumstances will not be considered as exceptions to the cancellation policy. Gaye Gerard Photography assumes no responsibility for medical care or for special dietary requirements. Due to the location of the retreat on the island of Koh Samui, Thailand, **participants are required to purchase medical insurance coverage.**

If you sustain an injury or become ill on the retreat, Gaye Gerard Photography reserves the right to continue the retreat

for the benefit of other participants Gaye Gerard Photography will make every effort to assist you while at the same time trying to minimize interruption to the retreat and other participants.

Reservations are accepted on a first-come, first-served basis. Gaye Gerard Photography reserves the absolute discretion, in the event of behaviour detrimental to other persons, to decline any person's participation at any time during the retreat and cancel that person's participation in the retreat, in which case any refund will be on a recoverable cost basis only.

### Responsibility

Gaye Gerard Photography and/or its agents act only as agents for the participants in this retreat, in regard to land package only travel arrangements during the tour or retreat workshop; including, but not limited to, sightseeing, meals, lodging and transportation, whether by railroad, vehicle, motor coach, boat, ship or aircraft. Gaye Gerard Photography is not a travel agent or travel service provider, therefore any flights or travel arrangements required outside of this retreat or photo tour/workshop need to be booked with a licensed Travel Agent or operator. To the fullest extent permitted by law, Gaye Gerard photography disclaims liability for injury, damage, loss, or delay which may be occasioned by reason of a defect in any vehicle or for any other reason whatsoever, or through the acts or default of any company or person engaged in conveying the participant or in carrying out the arrangements of the retreat. Gaye Gerard Photography accepts no responsibility for losses or additional expenses due to delay or other changes in air or other services, sickness, weather, strike, war, quarantine or other causes. All such losses or expenses will have to be borne by the participant, as the retreat costs provide for arrangements only for the times and locations stated. Baggage, including photographic & electronic equipment is at the participant's risk entirely. All care has been taken to compile the information in this and the other documents pertaining to this retreat but circumstances change, including but not limited to, airline schedule changes, airline fuel charges, tax increases and increases in operational costs are subject to change.

Gaye Gerard photography cannot be held responsible for changes that occur and reserve the right to change the price up to the date of commencement of the retreat. Changes in price may also include adjustments for adverse currency exchange fluctuations.

**The retreat price** is based on having a minimum of six participants and on tariffs and the **Thai Baht/AUD\$** currency exchange rate in effect at 19th July 2011 and is subject to adjustment in the event this exchange rate changes adversely.

The Registration Form must be completed and signed by each participant at the time of paying the full payment. Participation by any person will be declined in the absence of a completed and signed form. No modification to the Terms and Provisions of Registration, detailed on these pages of the Registration Form, will be accepted.

### Liability

Gaye Gerard Photography does not accept any liability of whatever nature, whether in contract, tort or otherwise, for the acts, omissions or default, whether negligent or otherwise, of third party providers. Under circumstances where liability cannot for some reason be excluded, such liability is limited to the cost of the land package arrangements. To the fullest extent permitted by law, Gaye Gerard Photography disclaims liability in contract, tort or otherwise for any injury, damage, loss (including consequential loss), delay, additional expense or inconvenience caused directly or indirectly by force majeure or any other event which is not preventable by reasonable diligence on Iconic Images International's part.

GAYE GERARD PHOTOGRAPHY PO BOX 6129 ALEXANDRIA NSW 2015 AUSTRALIA ABN # 11638582593

**web:** [www.gayegerard.com](http://www.gayegerard.com)

**email:** [info@gayegerard.com](mailto:info@gayegerard.com)

**phone:** +61 410 898293