



MENU &
PRICING

*Farm Retreats
Private Sessions
Packages*

www.livingwiththespirit.com

FARM STAY LIVE-IN RETREATS



OUR ACCOMMODATIONS

We have 4 houses and 2 bamboo huts available for our Live-In Retreats.

All houses are equipped with private bathrooms, air conditioning, fans, and a private patio with a hammock. Bamboo Huts comes with private bathrooms, fans, and outside relaxing spaces with hammocks.

2-3 daily sessions or activities* are included in your stay.



**Our activity schedule is a weekly selection of 2-3 daily sessions of Breathwork, Yin Yoga, Movement, TRE, Meditation, Herbal Steam Sauna, Ice Bath, Bon Fire, Hot Springs, Hiking, Heart Dance, Fire Ceremony, Thai Massage, Gong Bath, Waterfall and much more. All activities depend on season and availability.*

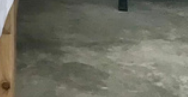
***Please note that our Private Sessions are not included in our retreat packages, they are optional and bought separately.*



BAMBOO HUT

We have 2 Bamboo Huts available, both equipped with queen size beds and are suitable for one or two people

850 USD /Week

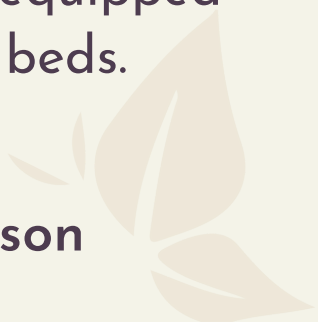


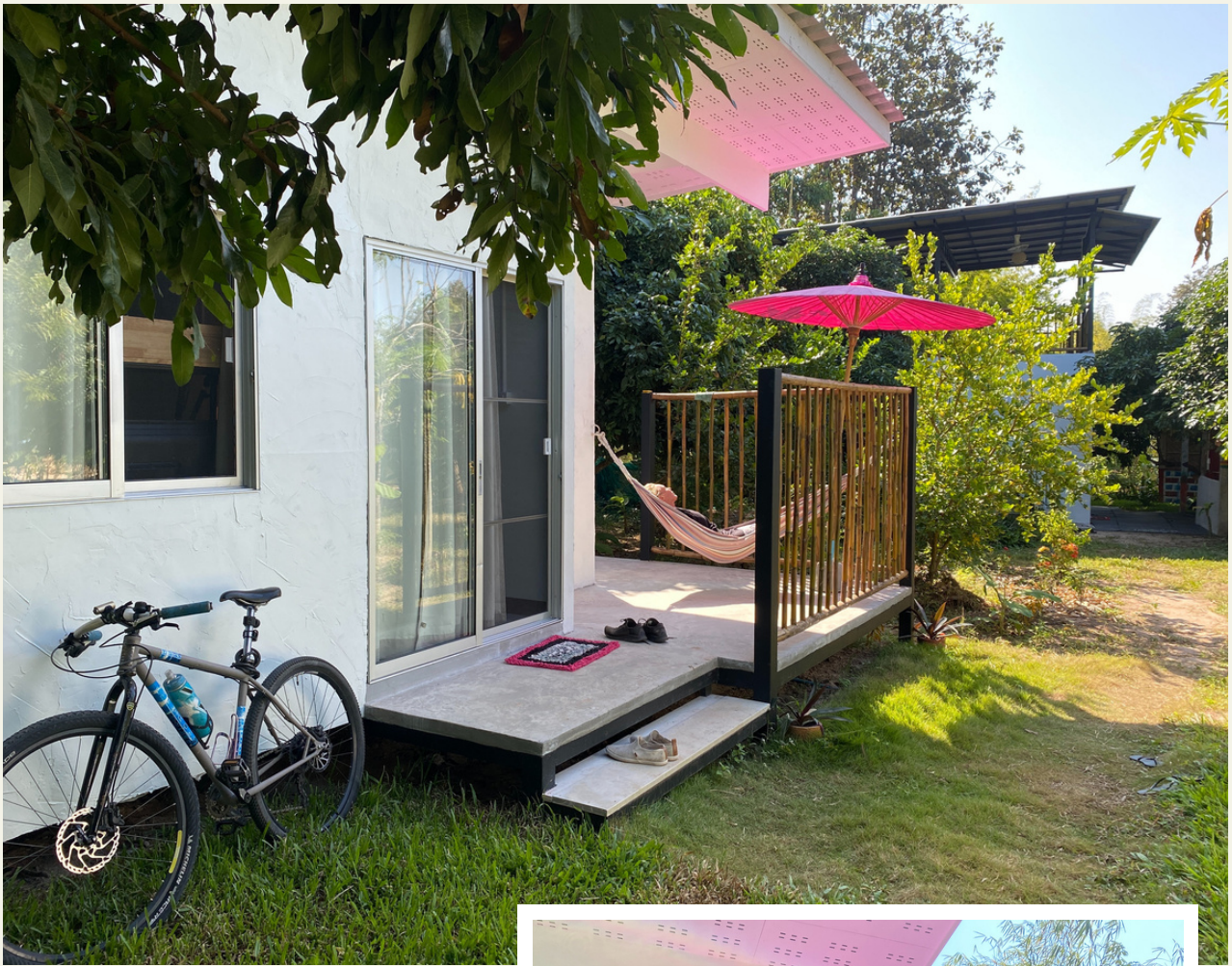
GUEST HOUSE

We have 2 guest houses available, both equipped with queen size beds.

1300 USD

/Week Per Person





LODGE HOUSE

We have 1 lodge house available, this house is slightly bigger than our guest houses and equipped with one queen size bed, suitable for 1 or 2 people.

1400 USD
/Week Per Person





FAMILY HOUSE



We have 1 family house available, equipped with one queen-size bed and two smaller single beds suitable for a couple or small family.

1550 USD /Week Per Person**

PRIVATE SESSIONS & PACKAGES

Our coaching packages can range from full in-detail health evaluation, which leaves no area in your life unchecked, or a more niche approach according to your more specific needs. We offer:

- Stand-alone packages, in person or online
- Private sessions during your live-in retreat
- Private sessions before or after your retreat

The packages are tailored to your needs, you will be provided with additional material and homework between your sessions, and we offer full support during your work.

SINGLE SESSIONS

75 MINUTES

-
\$90

WELCOME PACKAGE - \$420

Our 'Welcome package' includes 5 sessions and is optimal for you who are looking to get started within the holistic way of life or if you have a limited amount of time to work with us.

In our Welcome Package we include :

- 5 sessions of your choice.
- 1 initial assessment for the best suitable starting point of our work together
- 1 Customized Holistic Practice Plan

LIFESTYLE PACKAGE - \$1495

Our Lifestyle Package includes 20 sessions and is suitable for you who wish to immerse yourself in a complete lifestyle transformation package. With this package, we can make lasting changes as we have time to look at any part of your current lifestyle or go deep into your wishes about how you want your life to be.

In our Lifestyle Package we include:

- 20 sessions of your choice
- Our full Holistic Health Evaluation
- 2 Customized Holistic Practice Plans
- 2 Assessment Follow-Ups

DEEP DIVE PACKAGE - \$795

Our Deep Dive package includes 10 sessions and is suitable for you who are looking to go deeper on your health journey. This comprehensive package allows you to look deeper into your current lifestyle and what changes can be made to create a stronger, healthier, and more vital version of yourself.

In our Deep Dive Package we include:

- 10 sessions of your choice
- 2 assessments for the best suitable for our work together
- 1 Customized Holistic Practice Plan
- 1 Assessment Follow Up

SESSIONS MENU

Here is a selection of the most commonly requested types of coaching sessions from our clientele. If you have any particular requests, or if there is anything you would like to work on that is not specifically mentioned, then please don't hesitate to contact us directly.

****For a full description of all our available specialized holistic treatment modalities please visit www.livingwiththespirit.com*

HOLISTIC BREATHWORK

A consciously connected breathwork practice, working directly on the limbic and autonomic nerve system, also known as the fight or flight response. These carefully selected breathing techniques address unprocessed memories and unresolved emotions. The sessions are perfect to release stress or anxiety and return to a state of inner harmony and balance.

MEDITATION AND MINDFULNESS PRACTICE

No matter if you are inexperienced or a seasoned practitioner, we supply guided sessions for you to reach a new depth in your personal mindfulness and emotional well-being. We work with different types of meditation and awareness practices and together we find what suits you best.

DR. MORSE DETOXIFICATION PROTOCOL

We have first-hand experience of the healing powers of Dr. Morse's philosophy and have reached extraordinary results with his detox and herbal protocols, such as healing from Hypothyroidism and much more. His philosophy is the base of our detoxification programs and diet is the number one key to success. Together we will create the optimal detox program for you and your desired lifestyle - this could include raw foods, raw fruits, and different fasting protocols. We will also assist you in creating and ordering an herbal protocol if needed.

TRE - TENSION & TRAUMA RELEASE EXERCISES

TRE is a non-invasive method for accessing our body's natural trembling mechanism that is used to release pent-up energy from trauma and stress from our nervous system. These techniques are renowned as powerful stress and trauma release exercises for improved overall well-being and grounding. We have years of experience practicing and teaching TRE and our clients never cease to be amazed by the positive benefits of this beautiful practice.

EFT - EMOTIONAL FREEDOM TECHNIQUE

Body and Meridian Tapping to restore energy balance and to help eliminate stress, negative emotions, and chronic pain. This treatment form, relatively new to the west, is simultaneously meditative and activating. For someone struggling with intense emotions, or an overactive mind, we highly recommend these simple yet highly effective techniques.

REIKI

Reiki is the perfect mode of therapy if you suffer from anxiety, depression, low self-esteem, and feelings of being overwhelmed by life. This is because Reiki is closely connected to the human spirit. It is a subtle yet powerful emotional harmonizer and brings relief from the stress and strains of a modern hectic lifestyle.

YIN YOGA

In this style of yoga, the stretches and positions are held for longer periods of time allowing for release and natural adjustment on all levels of our being. Intimately connected to breathing and breathwork practice, Yin Yoga is an excellent choice to manage stress, emotions and to improve postural alignment. In a world where a high-paced and success-driven lifestyle is promoted, Yin Yoga serves as an anchor and grounding counterbalance. Here at Living with The Spirit, Yin Yoga serves as a way for us to guide our clients inwards, through the body, towards the breath, and their inherent source of awareness.

HOLISTIC LIFESTYLE COACHING

Here we take a look at your overall lifestyle and see where there is room for improvement.

Together we design a strategy for you to elevate your well-being to the next level. The sessions allow you to take a step back from your daily life and see where you are, identify what you would like to change, and learn how to move forward strategically towards that future goal.

We guide you in the process of how to practically integrate a more holistic lifestyle for sustainable and positive changes to occur. We show you how we manage our treatment center and household to combine self-empowerment and personal health development as a natural part of our day-to-day life.

This is also where we support you through your process and help you navigate through difficult times and offer you a guiding hand and moral support if needed.

FAMILY FUN ACTIVITIES!

Activate the whole family with a schedule of daily movement, meditation, and fun challenges! We believe the whole family is happiest when it works out together as a unit and we have several different session options available depending on the size and age group of your family.

These sessions are highly flexible and we invite your spontaneous imagination to help shape these sessions.

CHI NEI TSANG

The Chinese art of Chi Nei Tsang abdominal massage unifies many aspects of anatomy and energy work. It is a massage practice that works on nurturing the connection between our emotional, physiological and spiritual bodies. On the physical level, it alleviates muscular tensions and encourages the elimination of toxic residues. It also unblocks emotions such as fear, anger, worry, sadness, or hate through gentle and precise pressure on the organs associated with these blocked emotions.

Using the techniques of Chi Nei Tsang massage allows for us to go directly to the center of tension where these negative emotions are stored.

STRENGTHEN YOUR IMMUNE SYSTEM

In these sessions, we will take deep dives into the functions of the immune system and show you how to make it stronger. The immune system is our first and last line of defense, and there is much we can do to boost it towards its maximum function. You will learn how your lifestyle, diet, and practices such as breathwork positively affect the immune system's capacity to fight off threats.

We will explore how you can add different kinds of superfoods, vitamins, and herbs to your diet that actively strengthen the immune system. In these sessions, you will learn a full spectrum approach to ensure you are as resilient and durable as possible moving through 2021 and beyond.

MOBILITY AND STRENGTH TRAINING

Our personal training sessions are designed for strength development and increased mobility through functional movement. The exercises are selected to be easily performed even online.

These sessions are for you who want to get stronger, more mobile, and generally more fit. We will provide you with a new personal training program fully customized to your body type and desired goals.

CHRONIC PAIN AND INJURY RECOVERY TREATMENT SESSIONS

If you are struggling with a nagging injury or any type of recurring pain, then 2022 is ample time to care for this. We focus on holistic bodywork and corrective exercises as a practical way of treating these issues, and we combine multiple healing modalities for achieving the best results.

The corrective exercises consist of fitness training combined with physiotherapy and are a core part of these sessions. It focuses on addressing posture, muscle strength, core function, joint health, body stability, and overall mobility. By unifying all these areas we can not only release the pain but also strengthen the surrounding areas for sustainable recovery.

GROUNDING

Being grounded is a feeling that aligns you energetically to the earth's magnetic field. It allows you to be more deeply connected to your body awareness and to stay present. By practicing grounding techniques, you receive nourishing energy that replenishes your overall well-being. When you feel grounded and centered you are able to function closer to your total capacity. It allows you to more easily access your talents, and through these grounding techniques come vitality, creativity, and motivation.

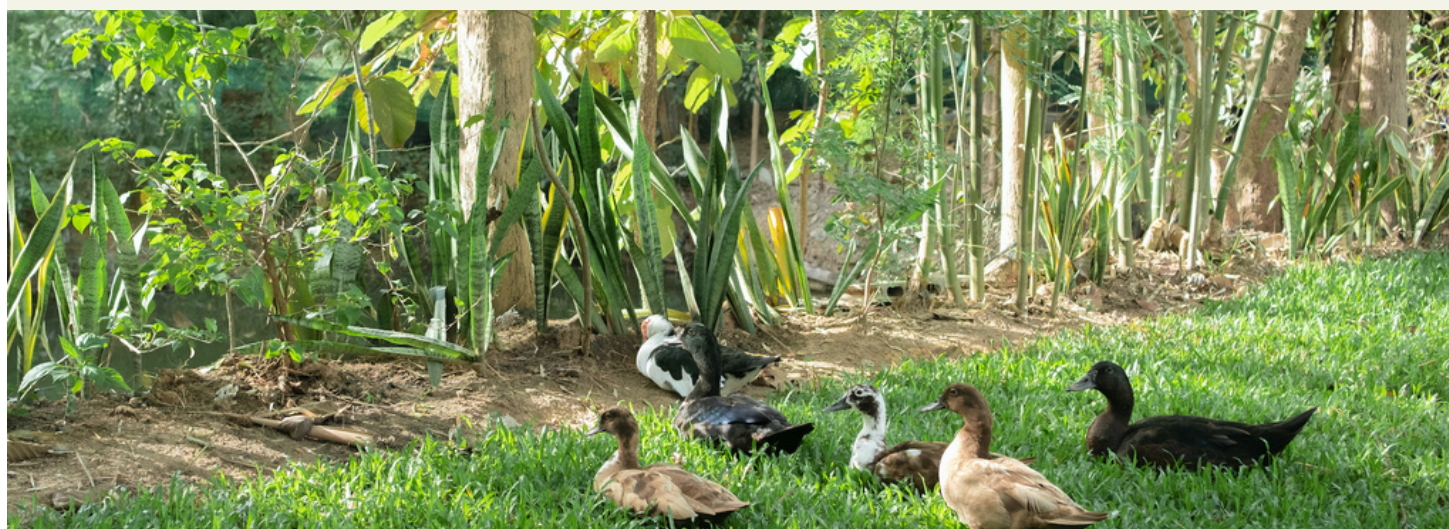
STRESS MANAGEMENT COACHING

If you are living a high-demand and fast-paced lifestyle, we will help you to bring your stress levels down and under control. Stress management is a long-term process and very much a lifestyle design challenge. During our time together is where you can lay the grounding and stable foundations needed for a future stress-free life.

We combine liberating stress-releasing techniques with stress resilience-building practices. Combined with holistic strategies for lifestyle design and social navigation for example workplace and relationships, these sessions provide a full spectrum solution to your stress challenges. We bring personal experience and insight from both the corporate world and competitive sport and martial arts to these sessions.

EMOTIONAL FREEDOM

Emotional freedom offers the answer to reclaiming your happiness and heart. It means increasing your ability to love by cultivating positive emotions and compassionately witnessing and transforming negative ones. It means keeping your center without absorbing the negativity of others.





ONLINE LIFESTYLE RE-DESIGN RETREAT

In addition to our Farm Stay Live-In Retreats, we also offer a fully immersive online retreat experience for you who are looking to embrace a complete transformation from the comfort of your own home. Our Lifestyle Re-Design Retreat includes our full holistic health assessments, daily private sessions, personalized programs, direct access to us for support, and much more.

This is a chance for you to deep dive into any or every aspect of your personal situation and creates a complete lifestyle change together with us. Our Lifestyle Re-Design Retreat is an exclusive online experience where you will have complete access to us and our lifestyle. We only take on 1 of these retreats per month, please email for inquiry.



Please do not hesitate to reach out
if you have any further questions.

We look forward to working
together on your journey to health,
vitality, and happiness!

Lots of Love,

/Sara & Simba

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