



SAMAHITA
RETREAT

Breathe into a new life

Thailand's Leading Health, Fitness and Yoga Retreat

Samahita Retreat's business model from the start has always been much more about impacting the lives of its guests than the mere corporate pursuit of profit. Since 2003, the center has existed specifically to help guests unlock their potential, increase energy levels, recover and enhance their vitality. Born out of a desire and extensive experience for living a well-balanced life, and for sharing that with others, Samahita Retreat is a pioneering retreat center that gives clean, modern conveniences at high standards of hospitality. It delivers authentic and genuine practices to both empower and transform people without any attached dogma.

Samahita's founders and its team believe in, and are excited about, offering value and quality in space, place and activity. The center provides a truly healthy and clean choice of food, an environment where guests can personally transform, and a set of tools and practices they can learn, bring home, and keep up to help their lives and well-being. The care taken in what Samahita offers is a stronger ingredient for staying in service and in business than marketing savvy and corporate skill.

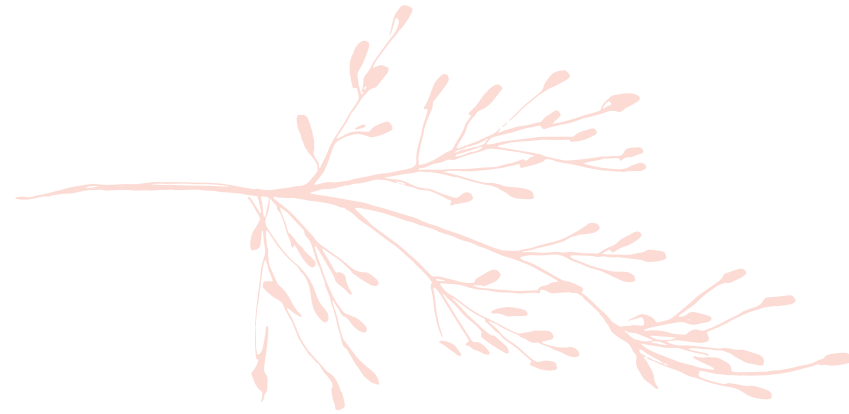


Founding Story

Paul Dallaghan started Centered Yoga as a vehicle to offer teachings while still living in New York City in 1999. There he met his partner, Jutima Chombhubutr, originally from Thailand. In 2001 they followed a strong urge to leave New York. They packed up and left to devote their time to study and practice in India. While visiting Jutima's home country they found Thailand to be an ideal place for practice, growth and living. Very little yoga existed in Asia at the time. There was a call to create a space for yoga where people could spend time while benefiting from the beautiful nature. After running a few programs at other places they were dissatisfied with these places' standards of food, hygiene and space for practice. So without a business plan, instead a strong heart calling, the early Samahita, "Yoga Thailand", was born in 2003.

In 2008, in search for the quietest, most secluded part of the island while supporting its growth, the center moved to its current location in south Koh Samui. Several Centered Yoga trainings continue to be offered every year for those sincerely interested in learning the different practices of yoga. In 2016, Samahita's unique signature program, YogaCoreCycle launched, offering complete beginners as well as those more experienced in yoga and fitness a full schedule of classes to enjoy by the beach.

For its founders, Samahita was never a corporate venture or a business opportunity but rather a way of life and way to share incredibly beneficial practices, healthy and nutritious food, all within a harmonious setting. It started, and has grown from, pure devotion and dedication to providing a space of support and practice, health of mind and body, that is good for people in their lives, that they can learn and carry home with them and enjoy the company of other similar souls. That same interest and motivation exists today, even stronger.



Today's Focus

As an entrepreneur, scientist, and teacher, Paul truly values learning and sharing, helping others to enhance their lives. He was selected by Emory University's anthropology department, (Atlanta, GA, USA) for PhD work with a focus on the cultural and scientific aspects of yoga practice and knowledge. Paul believes the essence of yoga and what it is about is timeless -- to solve this riddle of who we really are. However, society makes advancements and he believes the practice and integrity of yoga should keep up with the needs of the people, how the body works, how we handle the burden of current mental challenges, and how we take care of this planet. Paul is currently undertaking the largest and most scientifically robust study on yoga (in 2019) to help the evolution of the field of yoga.

Meanwhile, Samahita Retreat continues to offer quality, well thought-out programs throughout the year, influenced by years of experience, scientific research and the desire to share that knowledge with others to support their own transformation in a supportive community.



WHAT SAMAHITA OFFERS

Yoga, fitness, detox and wellness, in nature, directly on the beach. A genuine place for more than just a holiday, guests come to experience:

- **YogaCoreCycle™, with Integrated Yoga and Fitness Classes**
- **Detox - Weight Loss - Brain Health Upgrade - Total Self-Care Programs - Empowered Health-at-Home**
- **Retreats with world renowned teachers**
- **Centered Yoga 200-Hour and Advanced Residential Yoga Teacher Trainings**

DAILY CLASSES

Yoga - Classes guided by our residential teachers in beautiful shalas. Dynamic core and restorative yoga classes. Private sessions also available.

Core - Functional fitness and core awareness classes, using: TRX, Bosu balls, Uggi, Kettlebells, Free weights, Flexi-bands, Redondo balls, Ballet barres, and Rollers.

Cycle - Sunrise Cycle, Fun Cycle and Super Cycle classes. 20 state-of-the-art Schwinn stationary bicycles. Beach views, sound system, AC and fans.

Meditation & Breathwork - Meditation techniques, contemplation practices, and basic breathwork including introduction to Pranayama classes daily.

WELLNESS CENTER

The best therapeutic experience with specialized, holistic treatments, such as: Thai, Swedish, Deep Tissue and Aromatherapy Massage, Herbal Facial Treatment, Manual Lymphatic Drainage, Chi Nei Tsang, and the newest infrared sauna technology. Our Wellness programs are inclusive of YogaCoreCycle™ classes.

Detox Program: Customized detox programs range from a gentle mono-diet to juice fasting, and include detailed guidance, carefully planned menus, and specialized total self-care treatments.

Weight Loss Program: Educating guests to choose foods that are both nutritious and delicious, teach you a manageable exercise routine, and assist in targeting the root causes of weight gain.

Brain Health Upgrade: A program to help guests care for and improve the state of their brains and how it works through organic ancient practices from yoga and meditation as well modern technology and biohacks.

Total Self-Care Program: A package plan of therapies and treatments pre-booked at a bundled value price, including a selection of massages, facials, scrubs and skin treatments.

Empowered Health-at-Home: Complement any program to continue your health journey at home with support from a Samahita personal health coach.





FACILITIES

Dedicated Indoor Shala: Can be partitioned into 3-sections, with space for 65 mats. Microphone, projector, fans & sound-system equipped.

Beach Shala: Space for 36 mats, fans, sound system equipped, beach view.

Cabana Beach Shala: Space for 12 mats, fans, beach view.

Fitness Loft: Space for 24 mats, mirrored wall, tree top and sea view.

Props: Bolsters, straps, blocks, and cushions available for full capacity.

Also Offered:

- Non smoking and alcohol-free environment
- Complimentary, filtered, mineral drinking water
- Free WiFi
- Morning silent time
- Unplugged at Samahita, digital detox
- EcoLife shop
- Eco-friendly laundry service
- Childcare available upon request
- Safe, comfortable environment

4-STAR RATED ACCOMODATIONS

12 Shared Two-Bedroom Lofts: Split level room, with two queen beds in separate sleeping areas and a shared bathroom. Perfect for two friends.

20 Private Rooms: One queen bed with private bathroom. Perfect for singles or couples.

6 Semi-Private Rooms: Two private rooms with two queen beds separated by a hallway with a shared bathroom.

2 One-Bedroom Suites: One queen bed, fully equipped kitchen, with living room/ TV and private balcony. Perfect for couples and families with children.

Clean, spacious design featuring:

- bright, natural lighting
- working desk area
- air conditioning and fan
- fridge and kettle
- modern bathrooms with showers, eco-friendly shampoos and soaps, rainwater harvesting, power water heaters

RESTAURANT & JUICE BAR

- Vegetarian friendly, "Healthy-Lite" options.
- Organic, local produce, no sugar added, food only cooked in coconut oil
- Buffet open for breakfast, lunch and dinner
- Juice bar with chilled coconuts, smoothies, gotu kola shots, energy balls, organic (keto-bulletproof) coffee

BEACH & POOL FACILITIES

- Saltwater pool with children's pool
- Herbal steam room
- Kayaks and paddleboards
- Outdoor showers and beach sunbeds

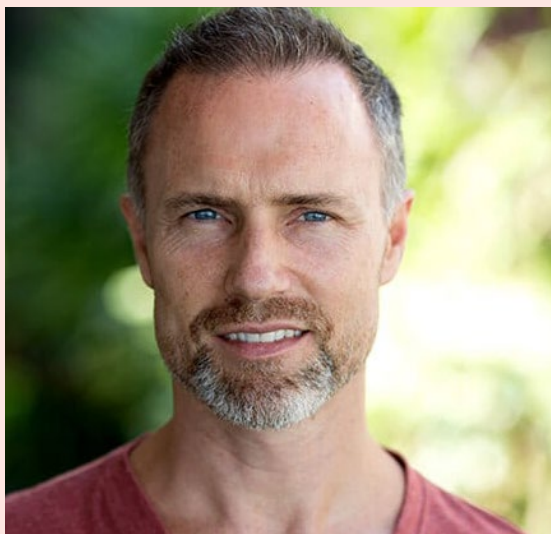
WEEKLY ACTIVITIES

Temple Walk Fisherman's Village, Night Market, Boat and Snorkeling Trip

LOCATION

- 45-minute drive from Samui International Airport.
- Direct flights from Bangkok, Phuket, Singapore, Hong Kong and Kuala Lumpur





PAUL DALLAGHAN

Co-founder and CEO

Paul is one of the pioneering entrepreneurs in the wellness and well-being retreat world, having established Centered Yoga in 1999 in NYC and Samahita Retreat in 2003 in Thailand, leading the field in how yoga, fitness, body and mind hacks, detox, and meditation are all incorporated into the hospitality industry. Paul completed his initial academic studies in economics and business but due to an early personal experience of the inner nature of meditation he was driven on a personal search for meaning and what made sense in his life. For the past 25 years he has immersed himself in the path of yoga and meditation, studying and practicing at an advanced level, much of it in India, to become one of the world's senior teachers of yoga (asana and pranayama breath) and meditative practices.

He has had the good fortune to spend many rich years with his main teacher in pranayama and the meditative process, Sri O.P.Tiwari, and is now placed to carry forth these teachings and the tradition of Kavalayananda. He was one of the dedicated few to spend many years living in Mysore in the old days of ashtanga vinyasa, certified, with an expertise in asana. He was selected by Emory University's anthropology department, (Atlanta, GA, USA) for PhD work with a focus on the cultural and scientific aspects of yoga practice and knowledge. As an entrepreneur, scientist, and teacher, Paul values learning and sharing, helping others to enhance their lives. He is the happy father of two boys, believes everything you do in life should be based in joy and carried out with fun. He divides time between the US for studies, India for research, Thailand for teaching and business, and is frequently asked to speak and teach in many places around the world.

JUTIMA CHOMBHUBUTR

Co-founder and Marketing VP

Jutima is a Bangkok native with a strong Buddhist family heritage. At a young age, she moved to Atlanta, Georgia with her family. She received degrees in Bachelor in Business Administration and International Marketing from the University of Georgia. She began her career in The Coca-Cola Company in both Atlanta and New York City in Brands and Marketing. She discovered yoga while living in NYC which led her to take a new path. At the peak of her career which she loved, she decided to take a year off on a spiritual journey. Her desire to travel back to her birth country lead her on travels around the world studying yoga and meditation. Jutima never went back to her previous corporate life as planned and the evolution of Samahita Retreat was born.

Her current role as Co-founder & VP includes marketing and brand development and working closely with Samahita's International and Thailand based teams. She supports on charity projects throughout Thailand and around the world with the support of Samahita.



ANTHEA GRIMASON

Director of Strategic Marketing

Anthea has been an avid student at the center since 2008, a connection she made shortly after discovering yoga where she grew up in Dublin, Ireland. After many personal visits, Anthea started to work full-time at Samahita in 2014 as part of the teaching team while also supporting business growth. Now based in California she continues to put her heart and soul into spreading the good word about the center and what is offered, with a deep understanding of how Samahita can support transformation in people's lives, from both her own experiences and observing many guests over the years. Anthea also works directly with people as a health coach and 1100+ hour certified yoga teacher.

Anthea's past careers include sales, human resources and change management. While her initial academic studies were in languages & literature, all her studies and teaching since 2007 have focused on health and yogic practices such as Reiki, yoga, meditation, pranayama, detox, health coaching, Ayurveda and functional medicine. Anthea feels extremely fortunate to have been able to create a meaningful life of self-discovery focused on practice and sharing her passions around the world to help others.

JOHANNA LUNDSTROM

General Manager

As General Manager Johanna has the great pleasure of serving guests and staff alike here at Samahita. Committed to savor the beauty of life, Johanna thrives on inspiring others to follow their heart and shine brightly; to unlock each individual's greatest potential. She believes when the individual change so does the world because the world is made of individuals.

Johanna has her roots in the very north of Sweden. Her curiosity for life soon took her on adventures far beyond the Swedish borders. Since the age of 19, she has been living, studying and working around the world. She has a BS in International Hospitality Management, and in her corporate career, she has had the opportunity to grow and develop some of the large international hotel brands around the world. Johanna is a student of yoga since 2009. She was fortunate to find Samahita very early in her practice and visited for the first time in 2010. Samahita soon became like a second home to her. In addition to her role as General Manager, Johanna is a yoga teacher, life coach and craniosacral practitioner. She passionately shares her practices and experiences in private sessions here at Samahita. Her authentic approach to life and her passion for personal development is deeply reflected in her practice and teachings with 1000+ hours of certified training.

Community Involvement

Charitable Activities

Samodhana is the Sanskrit word referring to giving of one's labor, physical work, for a cause beyond yourself. The aim of Centered Foundation is to serve our community through such karma yoga activity in the community we live in. We hope to provide more than just monetary means to bring positive changes to those less fortunate. We provide the opportunity for our students to connect with the local community in ways they would not normally get to do. During every Foundation Training course, and at other times throughout the year, we find opportunities for karma yoga projects.

Our main work on Koh Samui has been renovating local schools and temples, beach clean-up projects and now has expanded into supporting our charity work in other countries.

Centered Yoga Foundation Scholarship

Centered Yoga is Samahita Retreat's education faculty, with three foundation level 200-hour trainings a year offered at the center. In the past Centered Yoga has worked with and supported yoga NGOs around the world by providing scholarships for these trainings. One such partnership is with Krama Yoga in Cambodia - www.yogacombodia.com. To qualify for a full or partial scholarships, candidates must demonstrate how they give back to their local community. Scholarships based on economic situations are also considered.



SOCIAL MEDIA COMMUNITY

Samahita Retreat has created a global yoga and health community with world renowned teachers, instructors and studios and like minded social throughout the world.



ARTICLES/PRESS

Media reviews over the past 10 years can be found [HERE](#)

Image Archive can be found [HERE](#)

PRESS RELEASES

[Centered Yoga: 20 Years of Teacher Trainings and Unique Expertise](#)

[Brain Health Upgrade Launch, January 2019](#)

[15th Anniversary Celebrations, New Website and Lower Rates, May 2018](#)

[15th Anniversary Upgrades, January 2018](#)

[Guest musician, Bibi McGill joins for Christmas and New Year Celebration, October 2017](#)

[Savings on Wellness Programs, September 2017](#)

[Centered Yoga: 18th year of 200 hour Yoga Teacher Trainings, June 2017](#)

[Samahita's 13th Annual Christmas and New Year's Yoga Retreat, November 2017](#)

