



**iRETREAT**  
*An Enlightening Experience*



## iRETREAT - THE INNER RETREAT

An Enlightening Experience and Wellness Evolution for the Modern Age



Since 2019, iRetreat has been a haven for those seeking mental well-being in the heart of Thailand. Our mission to unite mind and body through mindfulness meditation propels us forward in a world that often leaves us disconnected. Through careful study, we address imbalances and provide transformative results, fostering profound inner joy and peace.

### A LIVING STORY OF LOVE

Just as the Taj Mahal symbolizes an emperor's enduring devotion, THE RETREAT stands as a testament to a monk son's boundless love for his mother. Every grain of sand and brick that forms iRETREAT radiates an energy of pure love. It's not just a meditation sanctuary; it's a living story of love.



### MISSION

iRETREAT's mission is to craft meditation retreats radiating pure love and fostering exceptional bonds. We guide individuals, families, and corporate entities through life's complexities. Our commitment extends to enhancing well-being across the spectrum, from individuals to families and corporate communities.

### VISION

iRETREAT envisions meditation retreats as holistic sanctuaries fostering growth for individuals, families, and corporations. We nurture mindful, resilient, and compassionate communities, promoting personal and professional flourishing by blending ancient wisdom with modern science.



### LOCATIONS

Holistic well-being journey across three flagship sites. Pak Thong Chai luxury center in Korat offers mental wellness amid lush landscapes. Koh Yao Noi lifestyle meditation retreat on an island fronting the Andaman Sea. Pa Pae offers a grounding forest, fresh air and natural immersion.

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