

evo retreats

Welcome

Picture six days in Phuket, Thailand — a place that naturally invites you to slow down, soften, and reconnect, simply because life feels uncomplicated here.

Your days will be filled with movement, mindfulness, nervous system work, meaningful

connection, and space to truly unwind.

Inside this guide, you'll discover everything you need to know about the retreat experience — from your accommodation and retreat package to what to expect throughout your time with us.

Our mission is heart led.

EVØLVE Retreats was founded through a shared passion for the work we already do. Two friends, one clear vision — to create a grounded space for honest exploration. Not through extremes, but through contrast. Challenge and softness. Discipline and rest. Movement and stillness.

Having experienced burnout and disconnection ourselves, these practices became more than routines — they became tools for coming back home to ourselves.

Throughout our time together, we'll guide you inward through movement, mindfulness, breathwork, and community. Not to escape life's challenges, but to meet them differently.

Through somatic tools, nervous system education, intentional movement, boxing, strength



training, and breathwork, we aim to support your journey toward greater clarity, balance, resilience, and self-awareness. From the inside out.

We believe true expansion begins within, and that's why we created a space to evolve honestly.



We intentionally chose a location that feels both grounding and accessible — somewhere that gives you the perfect balance of calm, connection, movement, and exploration.

Our private villa is located just 40 minutes from Phuket International Airport, with everything you need close by once you arrive.

Only a short 10-minute walk from both Bangtao Gym and the beach, you'll have easy access to cafés, beach clubs, massage spots, local shops, sunset walks, fire shows, and more.

The villa itself offers a peaceful, grounding environment; designed to help you slow down, settle in, and feel supported throughout the week.

Accommodation

EVØLVE Retreat takes place in a private tropical villa designed to help you feel both grounded and restored.

Surrounded by greenery, warm light, and open space, the villa offers an environment that encourages both connection and rest.

Expect quiet mornings, fresh air, spacious rooms, and intentional details curated to support your experience throughout the retreat.

The villa includes:

- Air conditioning
- Spacious shared living areas
- Outdoor seating & sun beds
- Tea & coffee facilities
- Towels & toiletries
- Filtered shower water

Clothing racks

Onsite laundry support

Private chef-prepared meals

With movement sessions nearby and mindfulness woven into every part of the experience, the space is designed to feel both energising and deeply calming.

Where conversations run deep.





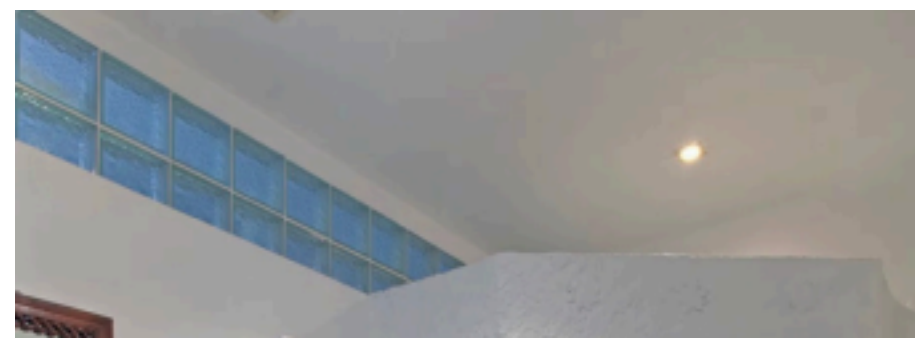
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Moments to rest. Grounded luxury.

Rooms

We offer both private and shared room options, with limited availability for each.



If you’re craving your own space to fully recharge, private rooms are available.

If you’re open to sharing, many guests are surprised by how quickly roommates become close friends. This is often one of the most unexpected and memorable parts of the retreat experience.

Whether you come alone or with someone you know, the villa is designed to feel comfortable, welcoming, and connected.



Retreat package

Singleroom:\$4,500AUD

Sharedroom:\$3,300AUD
Optional1:1boxingsession:\$70AUD

Yourretreatexperience includes:

Movement & Training

- 5 boxing sessions
- 2 strength sessions

Yoga
Lymphatic movement

- Nervous System & Inner Work**
- Restorative & Transformative breathwork journeys
 - EVØLVEcircles
 - Nervoussystemeducation&practices
 - Welcomecircle+closing integrationcircle

- Experiences**
- Thai cookingclass
 - Massage
 - Groupwalks&connectionactivities
 - FreetimetoexplorePhuket

- Accommodation&Support**
- 6nightsaccommodation
 - 2meals+waterperday
 - Welcomepack
 - Pre-retreatWhatsAppgroupaccess
 - Post-retreat integrationsupport

The details

Location:Phuket,Thailand
Airport:Phuket International Airport(HKT)
RetreatDates: May2nd–8th,2027



VillaCheck-In:May2ndfrom2:00pm
VillaCheck-Out:May8that12:00pm

Gueststoarriveonedayearlytosettle in
andavoidtravel delays.

Investment: \$3,300 AUD / \$4,500AUD
Paymentplansavailable.
Final payment due by April 19th,2027.

If this retreat feels aligned and you’d loveto
secureyourspace,aminimumdepositof\$400
is all that’s required. From there, you can
choose to pay in full or set up a payment
plan that works for you.



Meet your coaches

Paige | Boxing + Strength Coach

Amira | Nervous System coach

With over 15 years of experience, Paige helps people create lasting change through movement, mindset, and accountability.

At EVØLVE, Paige will lead boxing and strength sessions designed to challenge you both physically and mentally — helping you build confidence, resilience, and discipline that extends far beyond training. With a deep understanding of nervous system regulation, movement, and mind-body connection, Amira supports people in reconnecting to themselves through intentional practices that create greater awareness and balance.

At EVØLVE, Amira will guide breathwork journeys, nervous system education, and EVØLVE circles — blending depth, presence, and practical tools to support meaningful inner transformation.



Hear from
our guests

Kate

“The biggest surprise for me was during the EVØLVE circles. I’m someone who likes to hide my emotions, I push things down, I don't like to show too much to other people .

The EVØLVE circles definitely put you in a position where thats not really possible and things just come out regardless.

That was the biggest shift for me. Letting emotions through, having walls come down, and feeling what I’m feeling within that moment.”

Hear from

our guests

Molly

“I felt nervous before I arrived because this whole experience is me trying to learn new things and go outside of my comfort zone, and that can be quite scary.

Immediately within the first literal couple of minutes it was such a safe and positive environment that I felt comfortable to explore and push my limits in ways I havent done before.”

Candice

“I have discovered that I still have a bit to work on in terms of feeling comfortable with my self worth. By having the opportunity to step away from my life, I’ve had some time to think about what is serving me, what doesn’t, and why. Within that I’ve learnt to sit with it and explore where it’s coming from.”

Ayesha

Ø “I’m able to sit with myself, on my own, without anything distracting me. That is the best feeling. I didnt know I could feel like that. I’ve not been able to do that for so long.”

The thing that absolutely surprised me the most was connecting with people. I did not expect to make new friends.

I don't know anyones surname but I know everything about them, and that is just amazing. I did not expect that at all.”



Reachout

Instagram
hello.evoconnect@gmail.com
Stayintheloop







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