

DR DEEPAK CHOPRA AND RAKxa INTEGRATIVE WELLNESS

PRESENTS

THE LIFE & SOUL LONGEVITY RETREAT

BANGKOK, THAILAND

MARCH 20th - 25th, 2024

IMMERSE YOURSELF IN NATURE AT RAKxa INTEGRATIVE WELLNESS, WITH DR DEEPAK CHOPRA IN PERSON.



THE DR DEEPAK CHOPRA LIFE & SOUL LONGEVITY RETREAT AT RAKxa

Join us for a once-in-a-lifetime opportunity on an exclusive personal retreat with world renown wellness expert Dr Deepak Chopra.

You will discover life changing practices to improve your health-span, including advanced spiritual meditation techniques, personally tailored cutting-edge diagnostics and bespoke treatment plans provided by RAKxa and Dr Chopra and leading scientific breakthroughs on longevity.

Visiting health and wellness experts chosen by Dr Chopra will also be included in the program.



'At the new Deepak Chopra Life and Soul Retreat with RAKxa in Thailand, we are combining the cutting edge medical diagnostics, treatments with ancient healing wisdoms and teachings.

We will work on all aspects of your WellBeing together:

 We are offering the latest biomarkers for assessing health and biological fitness along with practical ways to regulate mind, body and spirit as a unified process
We will explore well documented scientific techniques for healing

It is our belief that a joyful energetic body, loving compassionate heart, quiet creative mind and lightness of being along with a self regulating biology optimized for homeostasis are the ideal landscape for longevity and Healthspan.

This is the true example of integrative WellBeing at its best."

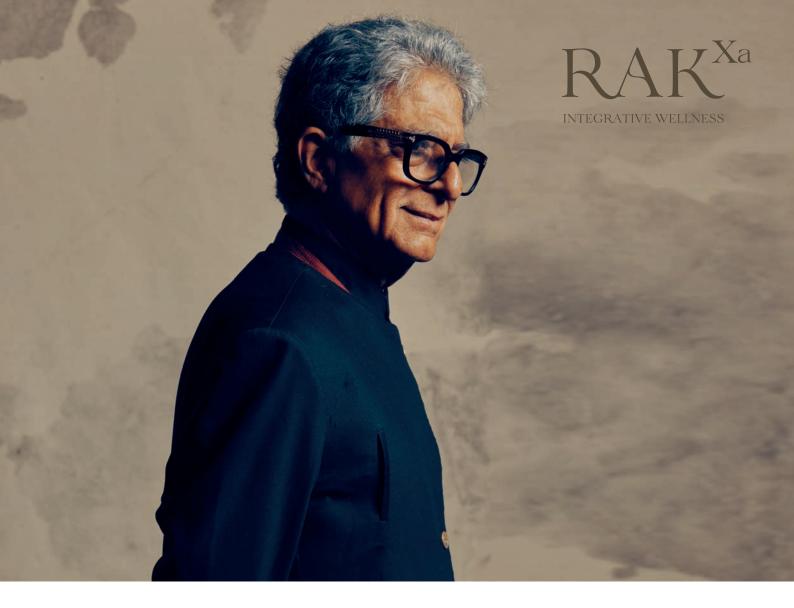
- Dr Deepak Chopra



RAKxa INTEGRATIVE WELLNESS

RAKxa is a state of the art, luxurious medical and wellness destination based in a beautiful conservation island surrounded by the Chao Phraya River in Bangkok. Its unique approach to wellness addresses the guests body, mind and lifestyle to help them design their own personal journey to achieve wholeness.

RAKxa's Integrative approach consists of a series of diagnostics to help guests define their own health goals, which are then achieved through personalised solutions that involve an unrivalled selection of both medical science and complementary holistic treatments.



SESSIONS HOSTED BY DR DEEPAK CHOPRA

INCLUDED AT THE LIFE AND SOUL LONGEVITY RETREAT

Longevity Talks Intention Setting Sunrise Meditation Sunset Meditation Group Pranayama Group Breathwork Yoga Group Q&A Sessions Dr Anu Singh and Dr Manu Juggi



PRIVATE TREATMENTS, ASSESMENTS, INCLUSIONS BY RAKxa

ASSESSMENTS / CONSULTATIONS	
Health and Wellness Consultation	√
RAKxa Functional Fitness Assessment	√
Traditional Thai Medicine Consultation	√
Doctor Consultation	√ (x3)
MEDICAL DIAGNOSTIC	
Longevity Lab Investigations	√
TREATMENTS / ACTIVITIES	
Private Suspension Session 50 min	√
Chakra Balancing 50 min	√
Zen Na Tai 50 Min	✓
Marma Healing Massage 50 min	✓
Acupuncture & Moxibustion Initial 80 min	√
Hyperbaric Oxygen Therapy 60 min	√
Antioxidant Boost up IV Formula	✓
Traditional Thai Ya-Pao Detoxification Therapy 110 min	√
Facial by Dr.Levy	√
GROUP ACTIVITIES	
Opening Ceremony	V
Welcome and Farewell Dinners with Dr. Deepak Chopra	√
Merit Making Ceremony	✓
Group Tai Chi	\checkmark
OTHER INCLUSIONS AND SERVICES	
Round Trip Airport Transfer	
Luxury Garden Villa Accommodation	✓
Full Board Wellness Meals	√
Wellness In-room Amenities	√
Full Access To Hydrotherapy	✓



RETREAT INFORMATION AND BOOKINGS

Price Per Person: GBP 17,000 Dates: 20th – 25th March 2024

Location: 28/8 Wat Bang Nam Phueng Alley, Phra Pradaeng District, Bangkok, Thailand 10130

For Inquires Please Contact:

Email: reservation@rakxawellness.com Call: +66 2055 3100 WhatsApp: +66 65 950 6388

Please contact our reservations team for inquires regarding additional nights or treatments.

Strictly Limited to 20 Spaces

"There is no need to count your age only by time and heartbeats, but with moments of joy, bliss, sensitivity and most importantly love. This is the gift my retreat will offer."

- **Dr Deepak Chopra**, New York Times Best Selling Author and Meditation Advocate



Terms & Conditions

- Rates are net in British Pounds Sterling, inclusive of 10% service charge.
- Rates are per person per programme.
- Rates will be adjusted accordingly to refect any changes that might occur.
- A 100% payment is required upon the time of reservation.
- The reservation is non-cancellable and non-refundable.
- Villa and treatments will be subject to property availability upon reservation.
- Treatment programmes will be subject to personalisation based on each customer's health conditions and the recommendations from medical doctors and health & wellness advisors.
- Reservations require a minimum of 5 days prior to the arrival date.