

TO EXIST EMBODIED EXISTENCE

A 5-day movement & self-inquiry retreat in Koh Samui, Thailand
November 9–15, 2025



TO
EXIST

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This retreat is not about becoming someone else.

It's about remembering who you are—beneath the pressure, beyond the roles,
and within the rhythm of your own breath.

It's time to take space. To soften and strengthen. To meet your edges with grace,
and your center with love.

Together we will move, breathe, laugh, and rest.
We'll ask big questions, hold gentle conversations, and explore what it truly
means to exist—in your
body, in this life, right now.

Come as you are—and allow the experience to meet you.
I can't wait to see what unfolds.

With Love,
Jovan



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INCLUDED ON YOUR JOURNEY

- 6 nights accommodation at Vikasa Yoga Retreat
- Daily yoga + Energetic Sequencing + Breath-based practices
- 4 in-depth workshops
- Evening meditations & group discussions
- 2 nourishing meals per day
- Optional teaching-focused session (if applicable to group)
- Ample time to rest, explore, and just exist
- Optional one-on-one Embodied Photography session

DAILY SCHEDULE

7:00 AM – Morning Asana

9:30 AM – Brunch

11:00 AM – Free Time

2:00 PM – Group Discussion

4:00 PM – Workshop / Movement / Excursion

6:30 PM – Dinner

8:00 PM – Evening Meditation

WORKSHOPS



Each workshop is an invitation—to move with intention, listen deeper, and meet yourself with honesty. These sessions are rooted in lived experience, and designed to support your body, your breath, and your becoming.



Breath & Bandhas

This workshop explores breath as a gateway into the body's subtle intelligence. Through physical techniques and energetic locks (bandhas), you'll learn to cultivate inner stability, strength, and clarity. Beyond the mechanics, we'll explore how tuning into your energetic body can support a deeper sense of presence—one that moves with you on and off the mat.



Injury as Insight

Injuries can be our greatest teachers when we learn to listen. This workshop offers a space to explore resilience, mobility, and strength through mindful movement. You'll learn practical tools to support recovery and prevention, while also reflecting on how the body's challenges mirror our internal landscapes. We'll use injury as an invitation—to slow down, to adapt, and to reconnect with ourselves with compassion.



Transitions & Flow

There's magic in the moments between. This workshop explores how we move through—through postures, through feelings, through life. With a focus on grace, rhythm, and connection, you'll refine the way you transition on the mat and in your own being. It's less about performance, more about presence. You'll learn to embrace the in-between with softness, stability, and intention.



Self-Discipline as Self-Love

Discipline is often misunderstood. In this workshop, we'll reframe it—not as rigidity, but as devotion. Through guided journaling and group conversation, we'll explore how consistent action, clear boundaries, and embodied routines can become radical acts of love. This is about showing up—not to perfect yourself, but to honor your potential with presence and care.

TRAVEL ESSENTIALS

Whether you're flying from near or far, here are a few details to make your journey smooth:

Fly Into:

Samui International Airport (USM)

Vikasa Yoga Retreat Address:

211 Bontji Moo 4, Koh Samui, Surat Thani 84310, Thailand

Arrival Window:

Please arrive by afternoon of November 9 to settle in before our welcome session

Departure:

Check-out is morning of November 15 — we recommend late-morning or afternoon flights

Airport Transfer:

Your transport from Samui Airport to Vikasa is included — We'll coordinate details with you after booking

Visa:

Most nationalities receive a 30-day visa on arrival, but we encourage checking your country's requirements in advance

YOUR BOOKING + RETREAT AGREEMENT

This agreement outlines the terms and conditions related to your booking.

1. Payment & Deposit

- A 30% non-refundable deposit is required to reserve your spot.
- The remaining balance is due no later than 30 days prior to retreat start (October 9, 2025).
- Payments can be made via credit card, PayPal, or cash (in Thai Baht) if arranged in advance.

2. Cancellation Policy

- Deposits are non-refundable under any circumstances.
- If cancellation occurs more than 30 days before the retreat, your balance (minus the deposit) may be refunded.
- If cancellation occurs within 30 days, no refunds will be issued.
- In case of personal emergencies or force majeure, options may be reviewed on a case-by-case basis.

3. Transfers

- You may transfer your booking to another person up to 14 days before the retreat, with written approval.

4. Travel & Insurance

- Participants are responsible for their own travel arrangements and flight costs.
- We strongly recommend purchasing travel insurance that covers trip cancellation, medical needs, and accidents.

5. Health & Responsibility

- By booking, you acknowledge you are in suitable physical condition to participate in yoga and retreat activities.
- Please inform us of any injuries, health concerns, or dietary restrictions ahead of time.
- To Exist and its facilitators are not liable for injury, loss, or damage incurred during the retreat.

6. Conduct & Participation

- This retreat is designed to be a supportive, inclusive, and respectful space.
- We reserve the right to ask a participant to leave if their behavior is harmful or disruptive to the group.

7. Agreement

Your completed booking confirms your agreement to the terms above.





This retreat is not about doing more.

It's about remembering who you are.

You don't need to arrive with answers, a perfect practice, or a plan.
You just need to show up—with presence, softness, and willingness.

And in case you forget —
You were born to exist.

Let this be your reminder.
I hope to welcome you.

With love,

Jovan

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