
Sundial Travel

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Muay Thai & Fitness Camp with Meditation & Yoga

You will find this Muay Thai camp is the perfect place to recharge and get fit. Set in pretty farmland, among rice fields in the beautiful province of Phetchabun, Thailand. They offer daily meditation, yoga classes, Muay Thai training and much more. You will be living with a lovely Thai family on their property surrounded by banana, mango, and coconut trees. Submerge yourself in Thai culture and family friendship. Highlights

Unique countryside location away from tourists set in the heart of Thailand.

Explore the majestic Phetchabun hills.

Hike with our Monk to the top of Coral Mountain and take in the stunning views.

Enjoy healthy home cooked Thai food

Get in your best shape ever with our talented trainers and packed schedule

Cleanse with our raw food detox

Experience beautiful temples on our guided meditation tours

Live in a humble Thai village surrounded by rice fields and tropical plants and trees

Make new friends with like minded people and soak up our camp's awesome vibe

20 nights accommodation

21 days / 20 nights

from US\$1,655

Included excursions

The Buddha Run.

Take the Battle Conquer challenge of climbing three hundred steep steps to a hillside temple set in a cave as many times as you can in one hour or simply relax at the top taking in the magnificent views.

Fish Temple & Monkey Temple.

The first stop is the market to buy bananas, make sure you have a lot as there is going to be plenty of hungry monkeys. Next stop is the pretty Fish Temple set out on a jetty with stone steps leading down to the water. Give a donation for a bag of fish food and be amazed at the sheer size of the fish ready to greet you.

Dragon Temple.

A very elegant and picturesque temple with two giant dragons set across water and wonderful gold decorated statues of Buddha.

Meditation with English speaking Monk at the Monastery.

Meeting the English speaking Monk is a very spiritual experience. You will be able to ask him many questions as well as sit and meditate with him. Afterwards you will take a hike with him along the rocking maze or stone steps at Coral Mountain. The drive to the monastery takes you through the beautiful Phetchabun Hills, the scenery around the monastery is extremely pretty and the views at the top of the hike are breathtaking.

Etiquette for visiting Monk and Temples.

Be sure to have your shoulders and knees covered to be allowed to enter the temple, shoes must be taken off before you go in. Also, as part of Thai tradition, it is good manners to take the Monk a small gift for example food, water or money is perfect.

Sunday Gym Excursion.

Everyone looks forward to the Sunday rest day! There are many beautiful places to visit in Phetchabun so on Sunday, they take you to their favourites. It could be

the stunning Nong Pye Lake, one of Phetchabun's largest set deep in the valley with beautiful panoramic views, take a raft out and relax, swim, fish, if you'd like refreshments, it's not a problem, simply wave a flag and you can order the most delicious food and drinks delivered to your raft. Sapailo Temple is another lovely location for a trip out with its pretty gardens and caves to explore or they may take you to the hot spring baths.

Other Experiences.

Every Thursday and Friday, they have a meditation practice at the temple or lake. On Friday evenings, you can tour the vibrant night markets. They can also arrange fishing in the local ponds. There is a lot to see and do, so please ask if you want to see something specific that's not listed here and they will see what they can do to help.

Sample Schedule

Monday to Friday

07:00 A choice of Muay Thai & Western Boxing or our additional scheduled class that could be either, CrossFit, hiking, swimming

09:00 Healthy Thai Breakfast at Noi's Cafe

10:30 Yoga Class (yin, hatha or vinyasa as scheduled)

12:20 Temple and Meditation sightseeing tour

13:00 Lunch at Noi's Café (applies to those at camp)

15:30 A choice of Muay Thai & Western Boxing or additional class; swimming, hiking or CrossFit depending on what has been scheduled

18:00 Yummy healthy evening meal at Noi's Cafe

19:00 Relax

Saturday sample schedule

06:00 Sunrise Yoga

07.00 A choice of Muay Thai & Western Boxing or our additional scheduled class that could be either, CrossFit, hiking, swimming

9:00 Breakfast at Noi's café, home cooked and delicious

10:30 Meditation with local Monks plus the option to stay for the weekend

13.00 Lunch at Noi's Café (applies to those at camp)

15.30 A choice of Muay Thai & Western Boxing or additional class; swimming, hiking or CrossFit depending on what has been scheduled

18:00 Tasty Thai meal at Noi's Cafe

19.00 Relax

Sunday Gym Excursion

Sunday is the gym excursion day, please see included excursions for more details. Please note that the schedule is subject to change and availability.

Meditation

The Meditation experience is very special, in the week you will have the opportunity to take part in guided meditation classes delivered by our experienced yoga and meditation instructors, learning key meditation skills in some beautiful locations such as the Dragon Temple and jungle waterfall. The week ends with a unique and spiritual trip to our local temple where you are treated to teachings and guided meditation from our only English-speaking monk.

Muay Thai Battle Conquer

Muay Thai Battle Conquer is a traditional, family-run gym with deep roots in the fight game. The Keawma family has been involved in fighting, training, and promoting Muay Thai for decades, they accept all levels of fitness and experience making it perfect for beginners and seasoned fighters alike.

The name of the gym itself comes from the Thai saying Phichit Suk, said to fighters for good luck and translating to "battle conquer."