

A portrait of Dr. Deepak Chopra, an older man with grey hair and glasses, wearing a dark blue sweater. He is looking directly at the camera with a slight smile. The background is a scenic view of a lake at sunset, with trees and buildings in the distance.

RAK^{Xa}
INTEGRATIVE WELLNESS

**DR DEEPAK CHOPRA AND
RAK^{Xa} INTEGRATIVE WELLNESS**

PRESENTS

THE LIFE & SOUL LONGEVITY RETREAT

BANGKOK, THAILAND

MARCH 20th - 25th, 2024

IMMERSE YOURSELF IN NATURE AT RAK^{Xa} INTEGRATIVE WELLNESS,
WITH DR DEEPAK CHOPRA IN PERSON.

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THE DR DEEPAK CHOPRA LIFE & SOUL LONGEVITY RETREAT AT RAK^{Xa}

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 RAK^{Xa} 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



RAK^{Xa} INTEGRATIVE WELLNESS

RAK^{Xa} 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.

RAK^{Xa}'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, ASSESSMENTS, INCLUSIONS BY RAK^{Xa}

| ASSESSMENTS / CONSULTATIONS | |
|--|--------|
| Health and Wellness Consultation | ✓ |
| RAK ^{Xa} 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 | ✓ |
| Welcome and Farewell Dinners with Dr. Deepak Chopra | ✓ |
| Merit Making Ceremony | ✓ |
| Group Tai Chi | ✓ |
| 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 reflect 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.