
H O L I S T I C

Reboot *Camp*

with Nad Marwani

DATES SET AS EACH GROUP
OF 10 FORMS

Location to be revealed soon



10 DAYS · UNIQUE LOCATION

Ten days.
Ten people.
One reset.



I am looking for 10 committed individuals who are ready to re-energise their body, evolve their mindset and release what no longer serves them.

Over 10 days together, we will move, train, heal and grow in ways that go far beyond a regular retreat. This is not about escaping life, it's about resetting yourself to live it more fully.

Grow high, release deep, awaken the power you keep.



ABOUT ME

Nad Marwani

I am Nad Marwani, a Muay Thai champion, personal trainer, bodyworker and holistic healer with over a decade of experience working with people from all walks of life. My journey has been shaped by discipline and compassion, blending the intensity of martial arts with the sensitivity of healing touch. Over the years, I have guided athletes, professionals and families to restore balance, release pain and reconnect with their true strength.

As your retreat facilitator, my role is to challenge you, support you and hold a safe space for transformation. I believe in meeting each person where they are with patience, honesty and dedication.

WHY THIS CAMP?

You give your best to work,
family and everyday
demands. But when was the
last time you gave your best
to yourself?

I have created this Holistic Reboot Camp for those who live full lives yet feel the need to pause, reset, and invest back into their own wellbeing.

Over 10 days with me, you will:

- 01 Re-energise your body with intelligent movement
 - 02 Release stress and dissolve stored tension
 - 03 Expand your mindset and discover new clarity
 - 04 Learn practices that you can sustain for life
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All without stepping away from your family or responsibilities. This reboot camp is about integration, real transformation that fits into the life you already live.

Daily flow

A DAY AT CAMP

7.00 – 8.15 AM

Morning Training

A dynamic mix of martial arts conditioning, functional movement and yoga to awaken your body.

9.15 – 12.15 PM

Healing Sessions

Each day, one participant receives a private 3-hour deep healing with me.

5.00 – 6.30 PM

Evening Training

Sunset sessions of mindful strength, stretching and grounding.

What makes this programme unique?

Transformation that integrates with your life: Return home each evening to your family while still diving into deep training, healing and growth.

A new adventure every day: From beaches to parks, mountains to jungle, every training session is set in a unique, inspiring location.

Small and personal: With only 10 participants, every detail is tailored and every voice matters.

A balanced flow: Your days will combine movement, healing, nature and mindfulness for a true holistic reset.

Beyond training & healing

This Reboot Camp is not just about movement and bodywork but also an immersion into practices that awaken your energy, sharpen your mind, and reconnect you with nature and community.

EXPERIENCES

Cooking Class (1x)

Simple, energising healthy snacks recipes to fuel your life

Guided Hike

Hidden trails, waterfalls and wild natural beauty

Mindful Mornings

Short meditations or journaling to start the day with presence

Community Circles

Moments of sharing, reflection and integration

A private island trip

Snorkelling, sunset BBQ and a fire circle honouring the journey and the group bond you will carry forward

GROUP EXPERIENCES INCLUDE

Sound Healing Journeys 3x

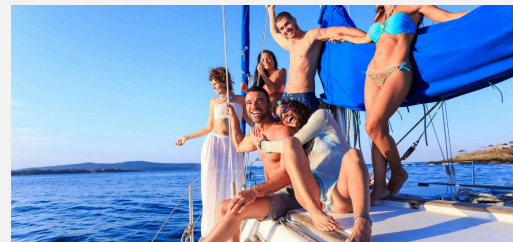
Bathe in vibrations that harmonise body and mind

Breathwork Immersions 3x

Expand awareness and release what weighs you down

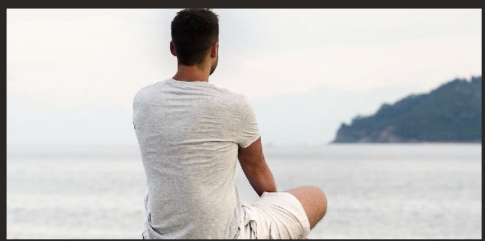
Juicing Days 2x

Reset digestion and restore vitality (before and during healing session day to ease the body's response to recovery)



THE APPROACH

Why it *works*



01

Balance

A complete approach of movement, healing and nourishment that restores energy and calms the system.



02

Flexibility

Be fully immersed in daily transformation while returning home each evening to family and responsibilities.



03

Sustainability

Learn practical tools, rituals and mindset shifts you can integrate into everyday life long after the retreat.

INVESTMENT

Your commitment includes all training, healing, special sessions, juicing days, farewell BBQ and private boat trip.

A detailed 10-day itinerary will be provided on enquiry, giving you complete transparency of the programme and the exceptional value you will receive throughout this journey.

10-DAY HOLISTIC REBOOT CAMP

33,000 *THB per person*

Payment *terms*

50% deposit required to confirm your place (non-refundable)

50% The remaining 50% to be settled one day before the retreat begins, during the welcome ceremony

ADDITIONAL BONUS

All camp participants will receive 20% off a 6 - 7 hour Healing Ceremony if booked before, during or within one week after the retreat.



LIMITED SPACES AVAILABLE

Book your *spot*

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