



"MIND & BODY"

MARCH 24TH 2019

WWW.UNIT-27.COM

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UNIT-27 FITNESS RETREAT

So, you're thinking about coming over to Phuket to stay in paradise & enjoy the sun, while training in a world class facility?

We've got you covered.

Introducing The Unit-27 Trooper on Tour - "**Mind & Body**"

This retreat focuses on the alignment of every element in relation to health & fitness - physical, emotional, social & mental.

Your tour includes:

- **Unit-27 Fitness Classes**
- **Yoga with Jade (Host)**
- **Full day olympic lifting seminar & workshop with Olympian Sonny Webster**
 - **Healthy Meals**
 - **Accommodation**
- **Body Composition Analysis**
 - **Nutrition Seminar**
 - **Goal Setting Workshop**
 - **Airport Chauffeur**
- **Tour Photographer & Videographer**
 - **Islands Boat Trip**
 - **Group Excursions**

This fitness retreat does not have any limit on age, ability or nationality.

UNIT-27 FITNESS CLASSES

So you want to make a change right?

You're here to kickstart your health and fitness or perhaps you just want to continue your training abroad in a gorgeous place, with a much better climate!

Here at Unit-27: Total Conditioning, we have the facilities, staff and community to give you the best fitness experience you have ever had, period.

With 5* reviews accompanied by the certificate of excellence, and international recognition for producing results, pushing people to their limits and helping people discover their real potential, you don't need to look else where.

During this tour you will be given exclusive access to:

- 2 x Unit-27 classes per day at either:

Unit-27: Total Conditioning or **Unit-27: CrossFit Phuket**

- 1 x Troopers only yoga & meditation class per day

- Full access to our specific weight lifting gym

- **Unit-27: Primal Fitness.**

- Olympic lifting seminar

- Goal setting workshop

- Nutrition seminar

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MIND & BODY INCLUSIONS

Daily Yoga - Put yourself in a positive headspace by starting each morning with a yoga class & meditation led by Jade. The benefits of a regular practice include: increased flexibility & mobility, reduced stress & anxiety, improved posture, along with improved productivity & focus (just to name a few).

Goal Setting Workshop - You will have exclusive access to a goal setting workshop where you will set clear goals for your time in Thailand, along with your bigger, long-term goals. Jade will help you create a specific plan with actionable steps, so that you know exactly what you need to do to be successful every day of the retreat as well as when you head back home.

Nutrition Seminar - In the first week you will attend a nutrition seminar. During the seminar you will learn about the basics of good nutrition, macros, portion control, along with tips on creating a balanced diet. The aim is to set you up with a nutrition plan for success that you can implement once you leave the retreat.



MIND & BODY INCLUSIONS

Big Buddha Run - In week one we will do a team Big Buddha run (or walk)! The walk is around 4kms uphill and is a challenging and fun way to test your aerobic fitness. Once we arrive at the top you will be able to check out The Big Buddha - an iconic monument here in Phuket, along with the amazing views and hang out with the monkeys as well.

VIP Chartered Yacht Trip - After a hard week of training, it's time to let your hair down, relax and enjoy the islands! Soak up the sun, enjoy the crystal clear waters, snorkel with tropical fish & relax on the stunning beaches. Enjoy a delicious lunch, then check out Turtle Bay and Maya Bay before heading back as the sun sets, with music blaring and a number of drinks of your choice.

Day trip to Nai Harn Beach - Relax and unwind at Nai Harn Beach on the second weekend of the trip. You will have plenty of free time to check out the local restaurants, swim, tan or simply relax with your new friends.



MIND & BODY INCLUSIONS



Olympic Weightlifting Seminar with Sonny Webster - If you've ever wanted to learn how to perform olympic lifts correctly and learn the mobility and warm up drills required for these lifts - this is your chance!

You have the exclusive opportunity to work 1:1 with Olympian Sonny Webster, who will spend time breaking down the lifts with you and will be able to give you specific tips for success.

The seminar will be highly interactive and will include elements of theory as well as practical sessions where you will be able to practice the movements.

Seminar inclusions:

- Mobility drills and flow
- Snatch movement breakdown
- Clean and jerk movement breakdown
- Key accessory exercises
- Psychology of olympic weightlifting
- Key nutrition principles

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ACCOMMODATION

We have a number of accommodation options for your stay here in Phuket. To make things even easier, they are just minutes away from our three fitness facilities and restaurant.

We also offer two bedroom and twin share accommodation for those who are after a more cost effective package. Please enquire with Dayle at tot@unit-27.com for prices.

Studio Package



1 Bedroom Package



Hostel Package



Standard Package



ACCOMMODATION

All accommodation options are within close proximity of one another and allow communal access to the luxurious pool, where you can rest and recover for your next session!

To make things even better, we have our own restaurant '**Trooper Eats**' just outside the pool complex, so feel free to order some delicious food while you relax in paradise.

You will find that in between classes most Troopers prefer to sit by the pool, mingle, read a book or top up on their tan while eating healthy...Remember, life is all about balance!



Please be aware that all accommodation is subject to availability. If we have no availability we will contact you and offer another option, which will be in line with budget, and just as convenient.

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TROOPER EATS

What's that saying again?

"Abs are made in the kitchen."

Well, lucky for you, Unit-27 has its own designated health food restaurant, and it's right on your doorstep.

From smoked salmon and smashed avocado on sourdough bread, to fluffy protein pancakes with mixed berries and Mediterranean themed quinoa bowls, **Trooper Eats** has it all!

However, we don't want to limit you entirely to the confines of Trooper Eats, therefore we will be providing you with 2 meals per day, and 1 recovery shake per day, and after that you're free as an individual or as part of a group to explore other restaurants on the wonderful island.

If you have any special dietary requirements, please let us know before hand so we can cater to your needs.

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TROOPER ON TOUR HOST

Jade Spears
Unit-27 Brand Ambassador



Jade Spears is a Personal Trainer, Yoga Teacher and Health Coach who is passionate about great food, personal development, travel, movement and helping people achieve their goals. She has over 5 years experience working in the gym helping people transform their bodies, their mindset and their lives. She believes that quality nutrition, thoughts and movement is the key to health and wellness and spends her nights and weekends at the beach, outdoors, lifting heavy things, practicing yoga, as well as constantly studying and up-skilling herself so that she can better serve others.

Jade will be your host for the entire tour and will help you transform your mind and body. She will coach and guide you every step of the way, to ensure you get the best possible results on tour and will help you create a clear plan, so that you have continued success once you leave Phuket.

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OLYMPIC LIFTING COACH

Sonny Webster
Olympic Weight Lifter (GB)



Sonny Webster is a former Team GB olympic weightlifter who has represented Great Britain in over 40 internationals. Most notably the Commonwealth Games 2014 and Olympic Games 2016 where he finished 14th. Sonny has been training in the sport of weightlifting for 13 years and his best lifts are 160KG snatch, 195KG clean and jerk.

Sonny has been coaching weightlifting for 6 years and has a degree in the Sports performance of Olympic weightlifting. Sonny has presented over 80 weightlifting seminars worldwide and coached over 1000 athletes to new personal bests.

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ADDED EXTRAS

Airport Chauffeur

Unit-27 will be taking care of your travel from the time you arrive in Phuket up until you leave, so if you were worrying about how you are going to and from the airport to your hotel - we've got you covered.

All you need to do is let us know your flight details when you book your flights, and we will have someone waiting for you!

Personal Videographer & Photographer

If you were worried about missing out on all the photo opportunities - from the pain during class to the complete elation while cruising the Andaman seas, don't stress! The tour includes a personal photographer who will be able to capture every moment.

In addition this you will go home with a professional highlights video of your entire journey here at Unit-27 for you to treasure forever.

Does it get any better?

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ARE YOU OUR NEXT TROOPER?

Spaces for this tour will sell out, so get in early to avoid disappointment.

The all-inclusive package prices are as follows:

		10 Day	14 Day
Boutique	Studio	THB 52,912.73	THB 70,892.58
	One Bedroom	THB 55,149.03	THB 74,023.40
	Two Bedroom	THB 62,976.08	THB 84,981.27
Hostel	Single	THB 45,085.68	THB 59,934.71
	Standard	THB 46,203.83	THB 61,500.12

For more information or to book your spot, please contact Dayle at tot@unit-27.com



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