

SPIRITUAL TRAVEL GUIDE

Koh Phangan, Thailand



Hello.

I have done my 200 hour Yoga Teacher Training on the small island Koh Phangan in Thailand. Spending two months there, I got to explore many different places. Koh Phangan is an island of contrasts - on the one side you have the full moon parties and alcohol, on the other side of the island you find many yoga studios and therefor also restaurants suitable for the yogic lifestyle.

This guide is called spiritual travel guide because I just list places where I liked the energy, so you won't end up at any tourist traps.

I hope the guide helps you that you can have the best time on Koh Phangan.

Love,

Marie

Certified Akashic records reader
www.featherly.be





SAMMA KARUNA





JARAN'S





SAMMA KARUNA

Samma Karuna is an International School of Awakening and Healing and Yoga Retreat Centre. They are a mindfulness community for people who are called to live a fulfilled life, based on principles of self-development, acceptance and celebration.

WEBSITE

www.sammakaruna.org

CONTACT

+66 773 770 49

sammakaruna@gmail.com

GOOGLE MAPS

<https://goo.gl/maps/Xu7H4TeR87cw7eXQ8>

JARAN'S

Jaran's Koh Phangan offers a unique blend of yoga in a stunning open-air yoga studio with breath-taking mountainous views, in the middle of nature.

WEBSITE

www.jaransphangan.com

CONTACT

+66 95 962 8124

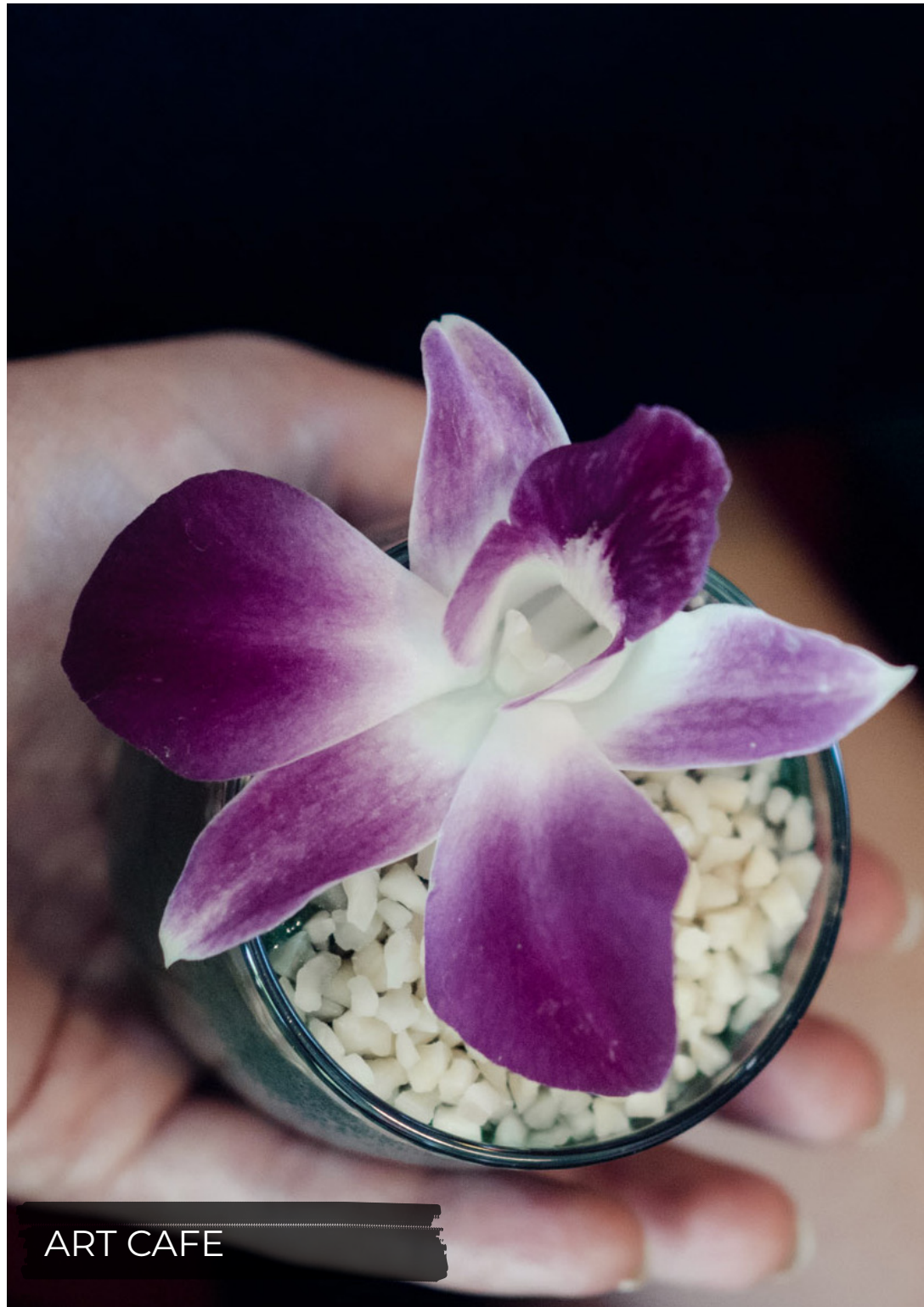
contact@jaransphangan.com

GOOGLE MAPS

<https://goo.gl/maps/BoanVHugyXyUHVf59>



EAT.CO



ART CAFE

Vegan Restaurants

EAT.CO

Eat.co is a vegan eatery serving pita pockets, thali, burgers, shwarma, juice, smoothies, salads, ice cream, desserts, spreads and dips. They also sell vegan protein powder, supplements, yoga wear and jewelry.

WEBSITE

www.eat.co

CONTACT

+66 950144809

GOOGLE MAPS

<https://goo.gl/maps/QuFpsDq1dERG4xeP8>



PURE VEGAN HEAVEN

Pure Vegan Heaven offers a very cozy environment. You will be sitting on bamboo chairs in lush green nature. They have a big variety of vegan, International, Thai, Western Cuisine, also offering Juices and delicious desserts.

WEBSITE

www.pureveganheaven.com

CONTACT

+66 955896443

GOOGLE MAPS

<https://goo.gl/maps/EBDxVsHTWPLbizLPA>

ART CAFE

Besides their delicious food, they have a library with many different books. A little shop is attached to the cafe offering organic products.

FACEBOOK

www.facebook.com/artcafe kohphangan

CONTACT

+66 77349222

GOOGLE MAPS

<https://goo.gl/maps/S5Pzb7TSa6L89sc36>



KARMA KAFE



Vegan Restaurants

KARMA KAFE

Karma Kafe is a Bali-styled restaurant serving vegan food with the exception of egg options and a couple desserts using honey. They make one of the best raw pies and chocolates on the island.

WEBSITE

www.karmaphangan.com

CONTACT

+66 0915938343

GOOGLE MAPS

<https://goo.gl/maps/wqaXsYwmA7H7yvdH8>



TABOON

Taboon is a vegetarian restaurant which offers Oriental food like humus with extensive vegan options.

CONTACT

+66 44 979972771

GOOGLE MAPS

<https://goo.gl/maps/1iMZot6eN2QvqTcC7>

TASTE FROM HEAVEN

They offer mostly Thai vegan dishes, served creatively like a Green Curry in a fresh coconut.

CONTACT

+66 44 979972771

GOOGLE MAPS

<https://goo.gl/maps/1iMZot6eN2QvqTcC7>



JARAN'S





THE SANCTUARY



Vegan Restaurants

THE SANCTUARY

The Sanctuary Thailand is playfully nestled in the remote jungle of Haad Tien Bay. Their restaurant is famous for delicious health food.

WEBSITE

www.thesanctuarythailand.com

CONTACT

+66 812713614

GOOGLE MAPS

<https://goo.gl/maps/WrhFLKv5jXMAR5ie6>

JARAN'S

Jaran's offers fresh local ingredients, heartmade plant-based healthy cuisines. The atmosphere of the Yoga Studio with its eatery is so calming since it is off the road close to nature.

WEBSITE

www.jaransphangan.com

CONTACT

+66 95 962 8124

contact@jaransphangan.com

GOOGLE MAPS

<https://goo.gl/maps/BoanVHugyXyUHVf59>

TIP

Try the fresh
Purple
Coconut



Organic Shops

ORGANIC SHOP SRI THANU

A small shop offering vegan basics and delicious raw vegan desserts.

GOOGLE MAPS

<https://goo.gl/maps/3X2MtkFizeNGJ7kc7>



ORGANIC SHOP

The organic shop offers a broader range of vegan basic ingredients.

GOOGLE MAPS

<https://goo.gl/maps/3ghYjpmct6KYHzpz9>

PHANGAN ORGANIC SHOP

The organic shop offers a broader range of vegan basic ingredients.

GOOGLE MAPS

<https://goo.gl/maps/MnUxhkYeqkDUKmpcA>

Sauna

THE DOME

The Dome is much more than a Herbal Steam Sauna. They have created an atmosphere for relaxation and healing. They are open every night from 6 pm - 11:30 pm. For 200THB, you get one towel for use in the sauna and water. They offer tea, kombucha and coconuts for sale.

FACEBOOK

<https://www.facebook.com/saunakohphangan>

CONTACT

+66 86 190 5968

GOOGLE MAPS

<https://goo.gl/maps/63PYPZ8jj8y7ookY8>

Sound Healing

DAVIDE D'AGOSTINO

Davide D'Agostino is originally from Italy, living in Thailand. He is a Sonic Shamanic Maestro and specialist on the hang drum, Shamanic flutes, Bansuri Flutes, drums and crystal bowls.

WEBSITE

www.journeytoyourheart.it

FACEBOOK

www.facebook.com/davide.dagostino.370

CONTACT

+66 949410798

info@journeytoyourheart.it



TIP

Sing a mantra in the dome - feel the vibration in your body

Cacao Ceremony

THE SANCTUARY

Firstly, you will be gathering in a circle and sip the blend of heart-opening cacao with other powerful herbs as you will share intentions. After you will start dancing to the 5 elements: Earth, Water, Fire, Air and Ether.

WEBSITE

www.thesanctuarythailand.com

CONTACT

+66 812713614

GOOGLE MAPS

<https://goo.gl/maps/WrhFLKv5jXMAR5ie6>



TIP

Attend the
Ceremony
without
expectations



CACAO CEREMONY



CHALOKLUM BAY



HAD SADET BEACH



HAD YAO BEACH

Beaches

CHALOKLUM BAY

Chaloklum Beach Koh Phangan is located in the centre of the Northern coastline and is one of the quietest and most peaceful places.

GOOGLE MAPS

<https://goo.gl/maps/woZhdmzTPNe45AyB8>

ZEN BEACH

If you are looking for the perfect spot to see the sunset, Zen Beach is a great way to wind down at the end of the day. Often soft drum beats, guitars, singing and dancers accompany the sunset.

GOOGLE MAPS

<https://goo.gl/maps/ovgkXs8c9HvmN5w99>

HAD YAO BEACH

White sand beach, turquoise water, colorful boats, cozy bars and sometimes a beautiful sunset.

GOOGLE MAPS

<https://goo.gl/maps/hsFf8QRCjg7zvEi5A>

HAAD THAN SADET

This beach is to me the most beautiful and hidden beach I discovered on Koh Phangan.

GOOGLE MAPS

<https://goo.gl/maps/pH6rJS96nBVVDYSWA>

MAE HAAD BEACH

Mae Haad is a beautiful beach with a small island connecting by a sand bar at low tide. It is also good for snorkelling.

GOOGLE MAPS

<https://goo.gl/maps/rxEEvbaJusBBRCA47>



Hiking

KHAO RA

Khao Ra is the highest mountain of Koh Phangan with 627 meters. It is a three hours hike through the jungle. The view is beautiful, you are able to see many parts of the island.

DESCRIPTION

www.triptins.com/khao-ra-hike-koh-phangan

GOOGLE MAPS - STARTING POINT

<https://goo.gl/maps/dSxKDaUKy2gcSX6t9>



Waterfall

WANG SAI WATERFALL

Wang Sai Waterfall Koh Phangan is also an adventure park. With rock climbing, zip lining and other activities available. Just visiting the waterfall is also very relaxing.

GOOGLE MAPS

<https://goo.gl/maps/tu9JRPdVJ33wa4TXA>

Temple

WAT SAMAI KONGKA

The temple is impressive with its mirror mosaic tiles glistening in the sun or in the moonlight. If you are lucky you may meet one of the monks who are usually glad to tell you a little more about the temple.

GOOGLE MAPS

<https://goo.gl/maps/zTTobBLVh8yxbeN29>



WAT SAMAI KONGKA

Past Life Regression

USHMA PREM

Through meditation, you are guided into a state of hypnosis. A state in which it is possible to access all life memories, the subconscious mind.

WEBSITE

www.ushmaprem.com

CONTACT

+52 15574962650

ushmaprem@yahoo.com

Ecstatic Dance

PYRAMID YOGA CENTER

Ecstatic Dance takes place every Sunday from 11 am to 2 pm. Starting with a meditation circle, you are then slowly led through a dance experience by a live DJ. They hold a safe space for you to let go and feel the music and dance however your body feels like moving.

WEBSITE

www.pyramidyoga.com/ecstatic-dance

CONTACT

+ 66 66 076 8064

GOOGLE MAPS

<https://goo.gl/maps/6UcAx4vqy6sabNsQ6>

Healing

SAMMA KARUNA AWAKENING AND HEALING SCHOOL

Samma Karuna offers many different workshops besides their regular yoga classes. Here is an example:

- Rebirthing
- Art of Touch
- Bio Development
- Breath of Love
- Shower of Love Meditation
- Inner Wisdom Meditation
- Osho Dynamic Meditation
- Osho Charka Breathing
- Tantra in Love

WEBSITE

www.sammakaruna.org

CONTACT

+66 773 770 49

sammakaruna@gmail.com

GOOGLE MAPS

<https://goo.gl/maps/Xu7H4TeR87cw7eXQ8>



SAMMA KARUNA

A woman with long brown hair, wearing a white, flowing dress, stands barefoot on a rocky, moss-covered bank of a stream. She holds a small, glowing lantern in her right hand, looking down at it. The stream flows through a dense, lush forest with tall trees and thick foliage. The scene is dimly lit, with light filtering through the canopy. The text "ARE YOU LOOKING FOR YOUR Purpose in Life?" is overlaid on the image in a white, serif font. "Purpose" and "in Life?" are in a larger, more decorative script font, while "ARE YOU LOOKING FOR YOUR" is in a smaller, simpler serif font.

ARE YOU LOOKING FOR YOUR
Purpose in *Life?*

Akashic Records Readings

Find out more about your ...

PURPOSE IN LIFE

Become aware of your soul's purpose in your life.



SKILLS

Discover and reintegrate all of your soul's skills.

HIGHER SELF

Connect and communicate with your higher self.



PAST LIVES

Get access to all lessons your soul has ever learned.

ABILITY TO HEAL

Heal wounds from this life as well as past lives.



INFINITE LOVE

Learn to feel unconditional love and trust.

GET 10 % OFF
CODE:
featherlytai10

Book your distance Akashic records reading online:
www.featherly.be

I am a certified Akashic records reader.
Marie Richtsfeld, contact@featherly.be