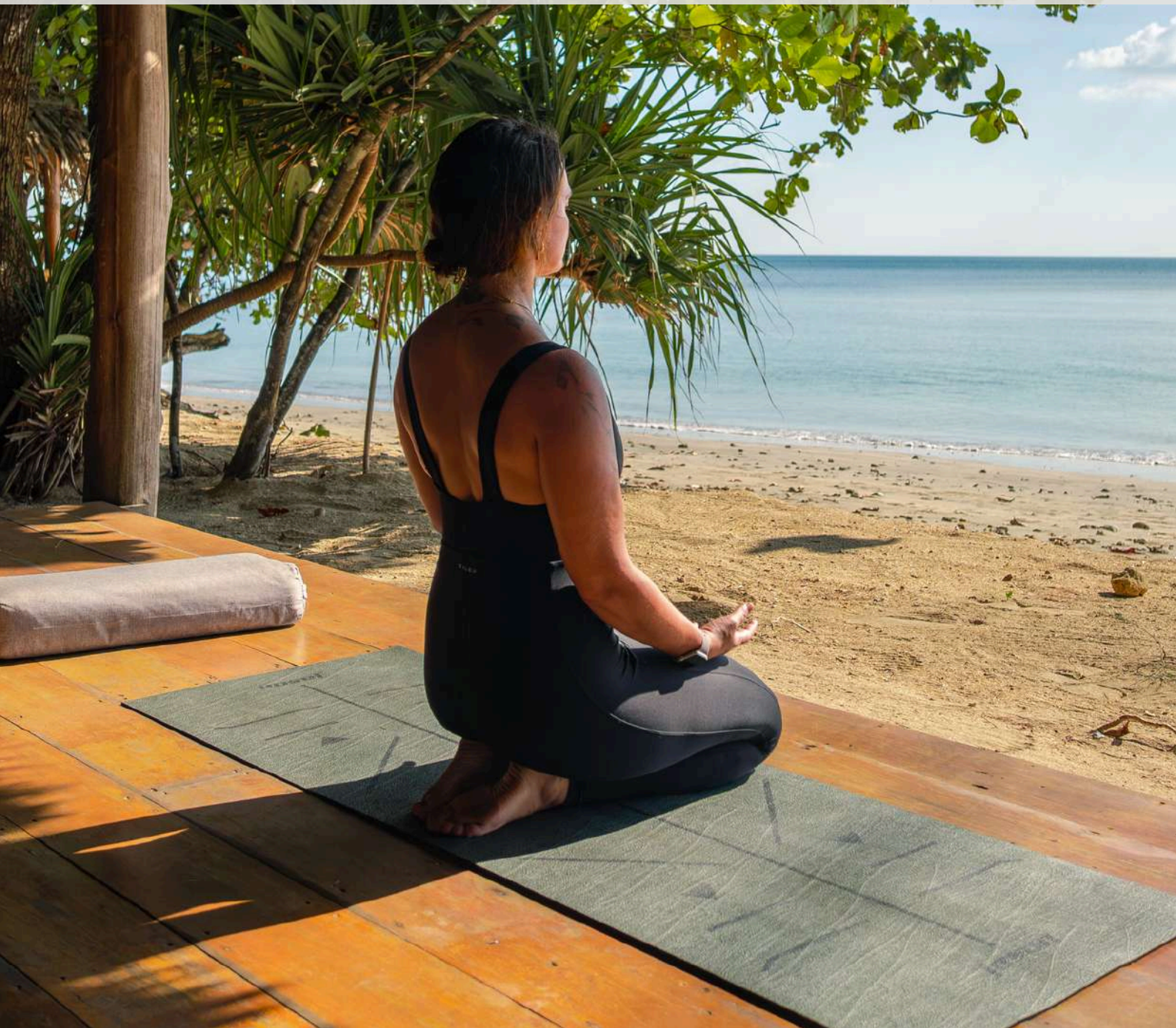




WELLNESS

Nervous System Reset Retreat

A self-led personal retreat program, tailored to you





*Understanding the Nervous System:
The Impact of Modern Living and the
Importance of Nervous System Care*





Introduction

Your Conscious Stay

Koh Jum moves at its own pace. There are no traffic lights, no crowds, no noise. Just the Andaman Sea, the forest, and the unhurried rhythm of island life. Research confirms what the body already knows: slow, nature-immersed environments have a measurable effect on nervous system regulation. The island begins its work the moment you arrive.

This guide is an invitation to be intentional with your time here. Rather than filling your days by default, each section offers a simple framework; morning, afternoon, evening, and a curated set of activities that support genuine restoration. You do not need to do everything. The most restorative stays are often the ones that do less, more consciously.

Our Wellness Coordinator is available to help you design your personal program from arrival. Contact wellness@kohjumbeachvillas.com or speak to Guest Services.

The Framework - How to Design Your Day

A balanced day follows three natural rhythms. Each one supports the next.

Morning — Ground and Strengthen

The morning is when the body is most receptive to movement, breath, and intention. A yoga class, a meditation, or a quiet walk before breakfast sets a parasympathetic tone that carries through the entire day. What you do first shapes how everything else feels.

Afternoon — Release and Restore

After the body has been active, it needs space to absorb and let go. The afternoon is for therapeutic treatment, unhurried exploration, or simply being still — consciously. Free time is not empty time. It is a therapeutic element in its own right, and one that many of our guests have been systematically deprived of long before they arrive.

Evening — Integrate and Reflect

As the day slows, so does the nervous system. The evening is for connection — with the people around you, with the island, or with yourself. The integration that happens in stillness at the end of the day is what allows the morning's practice to take root.



Understanding Your Nervous System

Why Restoration Starts Here

Your nervous system is the master control of your body. It governs everything, heart rate, digestion, sleep, immune function, mood, and the capacity to think clearly and feel at ease. At its core, it operates between two states: sympathetic activation, the body's alert and ready mode, and parasympathetic recovery, the state of genuine rest and repair.

Both are necessary. The problem is that modern life keeps most of us locked in the first one.

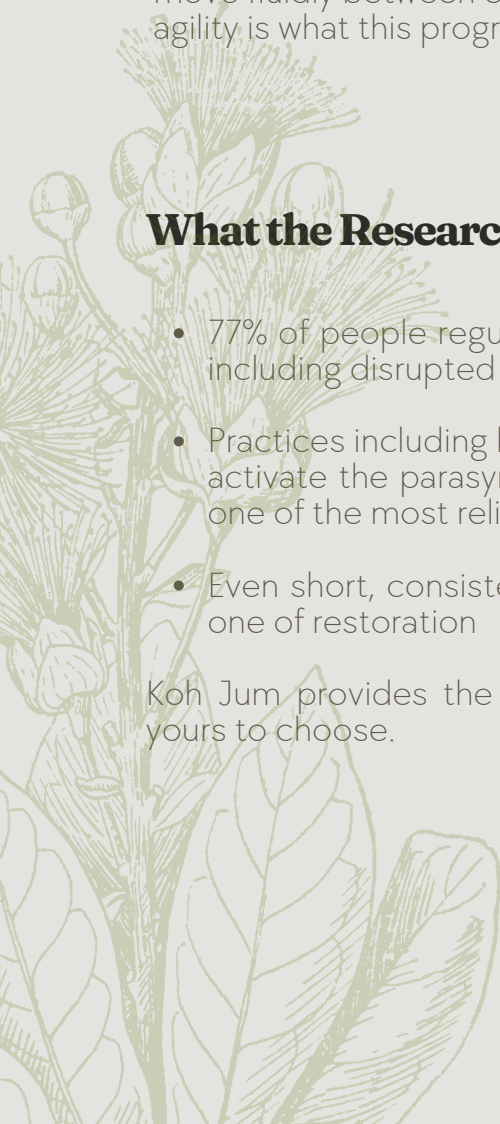
Long working hours, digital overload, poor sleep, and sustained pressure activate the sympathetic nervous system chronically, a state the body was designed for in short bursts, not as a permanent condition. When it runs too long, the effects accumulate: anxiety, fatigue, digestive disruption, difficulty switching off, and a growing inability to genuinely rest even when the opportunity arises. The body is not broken. It has simply lost its range.

A healthy nervous system is not one that is always calm. It is one that is agile, able to move fluidly between effort and ease, engagement and recovery. Restoring that agility is what this program is designed to support.

What the Research Tells Us:

- 77% of people regularly experience physical symptoms linked to chronic stress, including disrupted sleep, digestive issues, and reduced immunity
- Practices including breathwork, gentle movement, and time in nature measurably activate the parasympathetic nervous system, improving heart rate variability — one of the most reliable indicators of nervous system health
- Even short, consistent practices can shift the body from a state of survival into one of restoration

Koh Jum provides the environment. The program provides the tools. The rest is yours to choose.





NERVOUS SYSTEM RESET

Activity List

Activities available through Guest Services / Wellness Coordinator:

Daily Alignment Hatha Yoga 8:00am - 9:00am / 10:30 - 11:30am

Suitable for ages 12 and over. All levels welcome

Private In-Villa Yoga

Enjoy a personal yoga class in the comfort of your villa

Guided Meditation Sessions and Courses

30-minute sessions or 60-minute course. Deepen your meditation practice

30-Minute Ayurvedic Head Massage or Facial

Harmonizing mind and body, rooted in ancient wisdom

Ayurvedic Consultation

A personal wellness assessment with tailored recommendations to take home

Ko Pu Mountain Hike

Early morning hike to Koh Jum's best view point

Cooking Class (Farm-to-Table Experience)

From our Organic Garden to your in-villa kitchen

Visiting Neighboring Islands (Day Trip)

Explore the Andaman via long tail or speed boat

Traditional Thai Massage

Relax in our MeeSook Spa and indulge in organic essential oils

Activities to enjoy anytime:

Exploring the Island by Bicycle or Scooter

3 villages to discover and wander

Beach Walk

For Tide Information See Chalk Board in the Bar

Reading Time

Enjoy books from our book library, located in the bar

Fitness Room

No booking required



RELAX

Recharge

RESET