

Basic One Week Yoga Retreat

13,500 Baht.

DETAILS

(Program only, No accommodation included)

(6 nights 7 Days)

What are Included in Package + Time Schedule :

- . 5 Times Daily of Meditation (½ hour)
- . 5 Times Daily of Yoga (1 ¼ hours)
- . 5 Times Private Yoga Class (1 ½ hours)
- . Breakfast, Lunch, and Dinner
(Food coupon 700 baht/day for 6 days = 4,200 baht)
- . Round trip transfer between KohChang ferry pier and The Spa

Note: Accommodation is extra (price is according to the period of the year)

What does a typical day of our yoga retreat look like?

07:00 am enjoy your light breakfast of delicious tropical fruits and shakes
08-10.00 am Daily meditation and yoga class (joined) with instructor

Free time of massage/ herbal steam or just relaxing or perhaps a read?

Lunch – healthy delicious vegetarian/vegan or non-veg spa cuisine
Afternoon – one-on-one private session with instructor

Free time or join our daily trip (check the availability and schedule again)
Dinner and rest