

One Week Holiday Yoga Retreat (6 nights 7 Days)

20,500 Baht.

DETAILS

Rate: 20,500 baht/person (No accommodation included)

WHAT'S INCLUDED

- 5 Times Daily of Meditation (½ hour)
- 5 Times Daily of Yoga (1 ¼ hours)
- 5 Times Private Yoga Class (1 ½ hours)
- Massage and Spa Treatment coupon (3,500 baht)
- 5 Times of Herbal Steam Bath or Far-infrared Sauna
- Breakfast, Lunch, and Dinner (Food coupon 900 baht/day for 6 days = 5,400 baht)
- 1 Session of Herbal Hot Compress (1 ½ hour)
- Round trip transfer between Koh Chang ferry pier and The Spa
- Wooden boat trip in Salak kok bay (Koh Chang 's famous community-based tourism)

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