

RECHARGE & RENEW

Yoga Retreat with Aleks

Friday 3 May – Monday 6 May 2024

Dear Students,

Welcome to our first InnerSense Therapies Yoga Retreat!

Our retreat program is carefully crafted to take you on a journey to recharge and renew – limited to 8-16 participants so that you receive the care you deserve. The retreat will be held at the idyllic Mangosteen Ayurveda and Wellness Resort in beautiful Phuket. Here will enjoy an enriching program, delicious nutritious food, spa treatments, relaxing villas and open spaces.

Your retreat package includes:

- Yoga program
- Accommodation (3 nights, options below)
- Healthy breakfast, lunch, dinner
- 55 minutes of Spa treatment per day
- Tea served all day

Not included

- Your flights
- Airport transfers/taxis
- Extra person (additional costs below)
- Alcoholic drinks

Your investment

Room Type	All-inclusive cost per person	All-inclusive cost per couple (share room)	Bring your partner/friend (Share accommodation with you, meals included, but not on retreat)
Superior Garden Villa (shower)	\$1,300	N/A	N/A
Superior Jacuzzi Villa (bath)	\$1,500	\$2,250	\$1,900

Superior Villa



Superior Villa



With Jacuzzi



Deposit & Payment

INNERSENSE THERAPIES



SCAN TO PAY

Places are limited and we have lots of interest. Please secure your place by 15 February with a \$500 deposit. Full payment due 3 April. Please see bank details below. All prices in SGD.

InnerSense Therapies
 UEN: 202333831H
 Account Number: 072-111747-9

Daily program

Friday 3 May

Check in to Hotel between 11-1pm

Meet for lunch 1.30pm (optional)

Free-time to enjoy Spa treatments, pool and relaxation

4:30pm Meet and greet

5-6.30pm (90min) Asana/Pranayama/Meditation

Dinner

Saturday 4 May

8.30-10am (90min) Asana/Pranayama/Meditation

Breakfast

Free-time to enjoy Spa treatments, pool and relaxation

5-6.30pm (90min) Asana/Pranayama/Meditation

Dinner

Sound healing (time TBA)

Sunday 5 May

8.30-10am (90min) Asana/Pranayama/Meditation

Breakfast

Free-time to enjoy Spa treatments, pool and relaxation

5-6.30pm (90min) Asana/Pranayama/Meditation

Dinner

Monday 6 May

8-9:30am (90min) – Asana/Pranayama/Meditation

Breakfast

Check out by 12-1pm.



You may extend your experience to explore more of what Phuket has to offer. We recommend a day trip to Khao Phing Kan known as “James Bond Island”, located in Phang Nga Bay. The island gained fame after featuring in “The Man with the Golden Gun” and provides a stunning boat trip through the bay.

Getting there

Flights: daily, inexpensive flights from Singapore: Jetstar/Scoot/AirAsia 1.5 – 1.55 hour flight.

Taxi: From Airport / GATE 2 exit outside, hire Taxi, approximately 50 min journey depending on traffic.

Transfer: Mangosteen offers airport pick-up and drop off for THB1,400 (approx. SGD52) one way and THB2,600 (approx. SGD100) return. Please let me know if you would like airport transfer.



I look forward to seeing you there.

With love,

Aleks: +65 8385 7480

<https://innersensetherapies.com/>