

INNER SOLACE

Yoga Retreat with Aleks

Thursday 3 October - Monday 7 October 2024

Dear Students,

Welcome to our second InnerSense Therapies Yoga Retreat!

Our retreat program is carefully crafted to take you on a journey to enjoy the idyllic settings to renew and D-stress. Limited to 10-20 participants so that you receive the care you deserve. The retreat will be held at the perfect location, Mangosteen Ayurveda and Wellness Resort in beautiful South Phuket. Here will enjoy an enriching program, delicious nutritious food, spa treatments, relaxing villas and open spaces.

Silence will be honoured from Saturday upon rising till lunch time each day to commence our inward journey. Please respect this for yourself and others.

Your retreat package includes:

- Yoga program
- Accommodation (4 nights, options below)
- Healthy breakfast, lunch, dinner
- Fresh fruit/vegetable juices
- 4 x 55 minutes of Spa treatment per day
- Selection of teas served all day

Not included

- Your flights
- Airport transfers/taxis
- Extra person (additional costs below)
- Alcoholic drinks
- Early-late check out from Hotel
- Fresh coconuts

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, massages included, but not on retreat)
Superior Garden Villa (shower)	\$1,650	N/A	N/A
Superior Jacuzzi Villa (bath)	\$1,800	\$2,750	\$2,500

Superior Villa



Superior Villa



With Jacuzzi



Please note: Room allocation is on a first come first served basis. Please book your deposit early to secure a room with a view – for those who book later may need to upgrade to a bath Villa.

Deposit & Payment

INNERSENSE THERAPIES



SCAN TO PAY

Places are limited and we have lots of interest. Please secure your place by 15 July with a \$800 deposit. Full payment due 1 September. Please see bank details below. All prices in SGD.

Retreat will go ahead once 8 students have booked. Please check with Aleks prior to booking flights.

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

Program below.

Daily program

Thursday 3 October 2024

Check in to Hotel between 12-1pm

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

7pm Dinner

Friday 4 October

8-9.30am (90min) Asana/Pranayama/Meditation

Breakfast

Free-time to enjoy Spa treatments, pool and relaxation

1pm Lunch

5-6pm (90min) Asana/Pranayama/Meditation

Group activity (TBA) 6-7pm

7pm Dinner

Saturday 5 October

8-9.30am (90min) Asana/Pranayama/Meditation

Breakfast

Free-time to enjoy Spa treatments, pool and relaxation

1pm Lunch

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

7pm Dinner

For those wanting to see this monument we can take a shuttle together and discuss as a group on arrival which day is preferable.

Visible from anywhere in the southern part of the island, the Big Buddha of Phuket is a 45-metre-tall white marble statue. This impressive landmark is probably at the top of everyone's '[Must-Do in Phuket](#)'. The site is superb and the size of the Buddha is humbling. with breath-taking panoramic views from the top.



Please remember Phuket Big Buddha is a religious site, so please avoid wearing too short clothes and act respectfully when taking photos and selfies! Just think if you would act the same way in a church, a mosque or any religious site in your country. Thank you for respecting Thai cultural and religious sites.

Sunday 6 October

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

Breakfast

Free-time to enjoy Spa treatments, pool and relaxation

1pm Lunch

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

7pm Dinner

Monday 7 October

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

Breakfast

Check out 11 am.

For those staying on you may ask hotel to stay another night or till you check out for a small daily surcharge.

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 it 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 55 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, the resort will take care of this directly for a swift transfer with no delays.



I look forward to seeing you soon.

With love,

Aleks: +65 8385 7480