

The Yoga Lodge

6 Day Restorative Yoga Retreat
in Phuket, Thailand





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Welcome To Paradise

High-lights

- Stunning en-suite accommodation
- Different room options for different budgets, inc. Deluxe, Standard, Twin and Quad rooms
- Private pool with views over Surin
- 3 Yoga classes per day inc. Vinyasa, Restorative, Nidra, Workshops, Development, Breathwork, Meditation and Sound Healing
- 3 Meals per day inc. Lite early morning breakfast, late brunch and dinner. Optional extras available with our private chef at an additional cost.
- Advice and recommendations for trips during your spare time for elephant sanctuaries, waterfall hikes, bamboo rafting, markets etc
- Spare time to yourself



Villa Arawan

Our mission at Villa Arawan is to provide a sanctuary for holistic wellness, inner peace and personal growth. Through guided yoga practices, mindful meditation and a nurturing environment, we aim to empower individuals to reconnect with our true selves, cultivate wellness and foster a harmonious balance between mind, body and spirit.

The Villa includes a stunning outdoor pool overlooking the Andaman Sea, large living room, outdoor pergolas and 6 en-suite bedrooms all with balconies. Located in Surin, Phuket, you will be able to enjoy your down time in the lovely local area with cute cafes, massage parlors, local fruit stalls and the beach only a short walk away.



The Villa

Traditional Thai craftsmanship throughout the property, with ample space for your own personal time gazing across views of the Andaman Sea! Paradise!

The accommodation comprises of 6 bedrooms ranging through different sizes and prices to fit all budgets. A private kitchen to prepare your lovely meals with Thai influence adds a special touch to your time with us.

The yoga practice will be completed in 2 different locations, one inside with the views over the private infinity pool and one outside under one of the Pergolas with the sound of the birds and the sea to compliment your experience.

Deluxe Single

Deluxe Single Room available with Super King Size bed and private balcony viewing over the jungle and Andaman Sea. This room comes with traditional Thai design and additional lounge area.

- Your room rate includes 3 meals per day:
 - Lite early morning breakfast
 - Brunch
 - Evening Meal
- 3 Yoga classes per day
 - Vinyasa
 - Restorative
 - Slow Flows
 - Breathwork
 - Meditation
 - Deep rest sessions with Sound Healing
- Ample downtime for yourself

Price: £1195 all inc.

* Price excludes Flights, Transfers, Treatments and Excursions. Assistance and help can be given for any flight recommendations, trips and site seeing, please do just ask!



Standard Single

Single Occupancy Room available with King Size bed and private balcony viewing over the jungle.

The Sea can be seen in the distance. Your room is en-suite with a beautiful private bathroom.

- Your room rate includes 3 meals per day:
 - Lite early morning breakfast
 - Brunch
 - Evening Meal
- 3 Yoga classes per day
 - Vinyasa
 - Restorative
 - Slow Flows
 - Breathwork
 - Meditation
 - Deep rest sessions with Sound Healing
- Ample downtime for yourself

Price: £945 all inc.

* Price excludes Flights, Transfers, Treatments and Excursions. Assistance and help can be given for any flight recommendations, trips and site seeing, please do just ask!



Twin Share

Twin Share Room available with 2 x single beds and private balcony viewing over the jungle.

The Sea can be seen in the distance. Your room is en-suite with a beautiful private bathroom.

- Your room rate includes 3 meals per day:
 - Lite early morning breakfast
 - Brunch
 - Evening Meal
- 3 Yoga classes per day
 - Vinyasa
 - Restorative
 - Slow Flows
 - Breathwork
 - Meditation
 - Deep rest sessions with Sound Healing
- Ample downtime for yourself, advice can be given on excursions and trips

Price: £845pp all in.

* Price excludes Flights, Transfers, Treatments and Excursions. Assistance and help can be given for any flight recommendations, trips and site seeing, please do just ask!



Quad Share

4 x Single Beds available across two bedrooms with a shared bathroom and private balcony viewing over the jungle and the Andaman Sea. This room also comes with living room area and corner sofa.

- Your room rate includes 3 meals per day:
 - Lite early morning breakfast
 - Brunch
 - Evening Meal
- 3 Yoga classes per day
 - Vinyasa
 - Restorative
 - Slow Flows
 - Breathwork
 - Meditation
 - Deep rest sessions with Sound Healing
- Ample downtime for yourself,
- advice can be given on excursions and trips

Price: £695pp all inc.

* Price excludes Flights, Transfers, Treatments and Excursions. Assistance and help can be given for any flight recommendations, trips and site seeing, please do just ask!





Important Information

Flights: Your flight is not included in the retreat, but rest assured we can advise you on everything you need to know. Flights into Phuket International Airport run all year round.

Location: Villa Arawan is located in the North of the Island, roughly 30minutes from Phuket International Airport. Your transfer can be arranged for an additional cost or Taxis are available using the 'Bolt' App. Highly recommended NOT to take the taxis at the airport

Cash: Ideally, come with some cash drawn out as some places don't accept card. The currency here is Thai Baht.

Insurance: You are recommended to take out Travel Insurance

Visa: You can enter Thailand on a Tourist Visa for up to 60 days on a full British Passport. There is no requirement to complete any forms for this, simply turn up to immigration and enter.

Spare Time

We can assist you with every step of your journey in Thailand. If you're wanting some simple downtime, chance to catch up on a book, lovely Thai massage and a sunbathe, then you're all sorted at our Villa.... However, if you're wanting to take advantage of some of Phuket's greatest offerings, then we are here to help!



- Visit an ethical Elephant Sanctuary and give back to these beautiful giants (advice can be given on which ones are, in fact, ethical!)
- Take a beautiful waterfall hike through the jungle in Bang Pae (or many other waterfalls)
- Take a private boat trip around some of the local islands and enjoy some snorkeling
- Take a trip up to see the iconic Big Buddah, one of the Islands most visited traditional sites
- Join a Thai cookery course in one of the many local cookery schools
- Visit the local weekend market and purchase some souvenirs to take back to loved ones.
- Take a traditional Thai massage and experience nothing like a massage you've ever had before.

