



Yoga Retreat Itinerary

Monday - Arrival

- 4:00 PM Welcome & Settle In
- 4:30 PM Yoga Session
- 6:30 PM Evening Meal & Chill

Tuesday

- 7:30 AM Help Yourself Fruit and Granola (optional)
- 8:00 AM Wake Up Stretch Yoga & Breath Work
- 8:45 AM 15min Break
- 9:00 AM Morning Vinyasa Yoga
- 10:30 / 11:00 AM Brunch
- 12:00 PM Afternoon Time to Self
- 4:30 PM Early Evening Yoga
- 6:30 PM Evening Meal & Time to Self

Wednesday

- 7:30 AM Help Yourself Fruit and Granola (optional)
- 8:00 AM Wake Up Stretch Yoga & Breath Work
- 8:45 AM 15min Break
- 9:00 AM Morning Vinyasa Yoga

- 10:30 / 11:00 AM Brunch
- 12:00 PM Afternoon Time to Self
- 4:30 PM Early Evening Yoga
- 6:30 PM Evening Meal & Time to Self

Thursday

- 7:30 AM Help Yourself Fruit and Granola (optional)
- 8:00 AM Wake Up Stretch Yoga & Breath Work
- 8:45 AM 15min Break
- 9:00 AM Morning Vinyasa Yoga
- 10:30 / 11:00 AM Brunch
- 12:00 PM Afternoon Time to Self
- 4:30 PM Early Evening Yoga
- 6:30 PM Evening Meal & Time to Self

Friday

- 7:30 AM Help Yourself Fruit and Granola (optional)
- 8:00 AM Wake Up Stretch Yoga & Breath Work
- 8:45 AM 15min Break
- 9:00 AM Morning Vinyasa Yoga
- 10:30 / 11:00 AM Brunch
- 12:00 PM Afternoon Time to Self
- 4:30 PM Early Evening Yoga
- 6:30 PM Evening Meal & Time to Self

Saturday - Departure

- 7:30 AM Help Yourself Fruit and Granola (optional)
- 8:00 AM Wake Up Stretch Yoga & Breath Work
- 9:30 AM Breakfast

- 11:00 AM Departure

Equipment List

You will need to bring a few essential items with you. Please see list below:

- Loose / Comfortable clothing for Yoga sessions
- Outdoor shoes for walking (optional)
- Indoor lounging shoes
- Drinks bottle
- Casual / normal clothes for personal time
- Shampoos, Conditioners, Soaps
- Swimwear
- Suncream

Yoga mats will be provided for you but if you wish to bring your own, you are more than welcome!

All bedding and towels, food and drinks (teas, coffees, and water) will be provided. If you would like to bring your own additional snacks and drinks (wine, should you want it!!), please feel free.

We are located only 10 minutes from Surin Beach which is stunning so please feel free to head here in your spare time. We will also arrange a therapist for treatments which you can book in addition.

Your personal time is yours to do what you want with it, we have lots of recommendations so please feel free to ask (Elephant Sanctuaries, Waterfalls, Big Buddah Visit, Phuket Town....)

T&C's

- Your travel insurance is your own responsibility.
- Flights and transfers are not included in the price.
- Any additional items such as excursions, treatments and meals outside of the property are not included in the price.

Contact

If you need to contact us urgently for any reason, please see details below:

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