

The Heart of Yoga: A Thailand Meditation and Yoga Retreat



Anne Douglas Julie Seibt

Your Yoga and Meditation Trip Includes:

- 7 nights accommodations • 3 meals per day
 - Group transfer to/from Surat Thani airport
 - Tuition (for daily practices)
 - Use of Kayaks
 - Linens, towels and mosquito nets (although there are very few, if any mosquitos)
- During your stay you will have access to all common areas and an amazing team of staff who will support your retreat experience.

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Emerge each morning from your floating bungalow on a tranquil, jungle lake. Morning pranayama (breathing awareness) and meditation will open the body and senses to the exquisite untouched embrace of nature.

Still, freshwater is your playground. In the afternoon ease into gentle yoga practicing and teachings, kayaking, swimming, wildlife viewing, hiking and lingering over fresh, Thai food with herbs collected from the jungle. An excursion further into the National park with a raft-boat lake tour and unforgettable cave meditation is included. A 2nd optional day excursion is available. A light evening dinner followed by a wisdom talk, body sensing or stargazing will leave you blissfully relaxed and nourished on all levels.



JANUARY 8 - 15, 2019

**Cost: \$850 CAD
Double Occupancy
(single also available)**

Balance: THB 22,500* to be paid in Thai Baht at the venue on the first day. (appx \$624 USD, or \$851 CAD)



#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . yogafortoday.ca

