

Yoga Retreat

BALI, INDONESIA

April 5-12, 2024



huongyoga.com • huong@huongyoga.com



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Yoga Retreat

8 DAYS / 7 NIGHTS



This retreat allows us to dive deep into the Yoga practice to give you the benefits of becoming present, reconnecting with yourself, and tuning in to your own wants and needs. The intensive practice will slow down your mind, bring clarity to your thoughts, and help you to go deep into your own inner world.

Join this with Huongs amazing way of teaching Yoga, and you will get an unforgettable experience!

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The Yoga shala

Are you very busy, and do you have a stressful job and private life?

Are you looking for a week without anything else except Yoga, healthy food and wellbeing to recharge your energy?

Are you interested in a retreat on the „island of the Gods“?

Join us for a unique eight days/seven nights wellness escape filled with Yoga, relaxation and inspiration!

The retreat is for anyone who is ready and willing to enjoy time away from routine, to connect with themselves, with nature and with other beautiful human beings.

This retreat is an opportunity to rediscover yourself all whilst being surrounded by incredible landscapes.

It is suitable for all levels from beginners through to advanced.





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Yoga Retreat

PROGRAM



DAILY SCHEDULE (EXAMPLE)

06.00-08:00: Asana practice

08.00-09:00: Pranayama practice

09:30- 11:00: Breakfast

11:00-16:00: Free time to relax (reading, swimming pool, spa, dance class, going to the beach, enjoying Ubud, etc...)

16:00-18:00: Workshop, mantra, philosophy or meditation

18:00- 19:30: Dinner





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PROGRAM

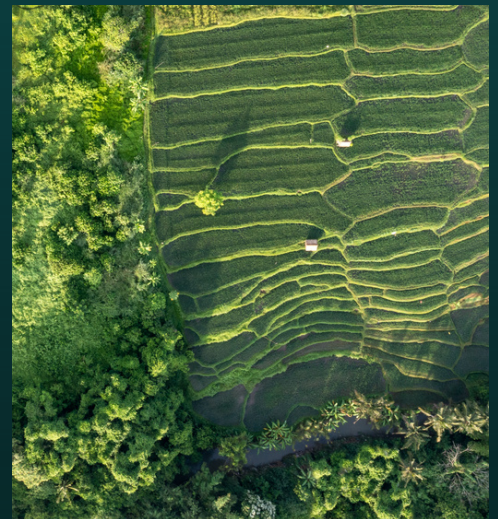


Included:

- Daily Yoga practice and workshops, pranayama and meditation (5 hours/day)
- 7 nights accommodation from 5th April 2024 until 12th April 2024
- Daily vegan breakfast and dinner (6 dinners + 1 lunch)
- Balinese cooking class to prepare delicious local food (1 hour traditional market tour in the early morning + 1,5 hours cooking class at lunch time)
- Shuttle service to and from downtown Ubud (4 times daily)
- Balinese dancing lessons 3 times a week (3-4 pm) provided by the resort
- Daily afternoon tea at the restaurant (3-5 pm)

Not included:

- Airfares to/from Bali
- Travel insurance
- Airport transfers
- Additional food, drinks, or gratuities
- Alcoholic beverages



Yoga Retreat

RATES

Price

Twin share or double room: 1,850.00 €
Early bird*: 1,700.00 € (if booked and paid by September 30th, 2023)

Private room /single room: 2,450.00 €
Early bird*: 2,250.00 € per person (if booked and paid by September 30th, 2023)

*Early bird discount applies only for the first 6 places („first come first serve“)

Payment

A 600.00 € deposit is required in order to reserve your place. The following payment schedule applies:

October 31st, 2023 - 50% of retreat payment due

February 28th, 2024 - final retreat payment due

The maximum group size is 10 participants.

