



# THAILAND RETREAT

FEB 25–MAR 2, 2024



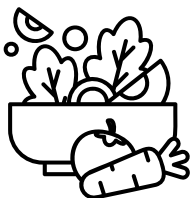




\*6 nights in paradise at  
Vikasa in Koh Samui beach resort.



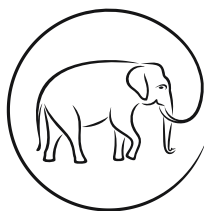
\*Sunrise meditations + twice daily  
yoga classes or workshops  
2 Breathwork Sessions



\*Eat clean and detox the body  
with locally sourced, delicious,  
organic meals.



\*Connection with community,  
relaxation and recharging in  
the sun!



\*Temples, waterfalls, elephant  
sanctuary, private boat tour + more

*This retreat is designed to for you to drop deeper into your practice, develop harmony with your body + mind and connect to your inner peace. Learn daily practices that will guide into living in a nourished and balance way.*





## Our Days



- 7:00 Morning practice of breathwork, meditation and vinyasa flow
- 10:00 Healthy brunch
- 12:00 Beach time, excursion or yoga workshop
- 5:00 Evening practice of deep stretch or breathwork
- 6:45 Dinner

*There is plenty of room in the day to relax  
or do your own thing.*





# Our Food



*Life Cafe creates fresh, local, organic meals to delight and nourish our bodies. Each day we will have a healthy brunch and dinner.*

*Additional food can be purchased, if desired.*



*Start your day with choices of coffee , eggs, fresh fruit, chia seed pudding, whole grain made in house breads, pancakes ,superfoods, veggies and fresh squeezed juices.*

*Dinners include hot soups, local dishes with tofu and brown rice, a few vegetarian dishes to choose from and occasional seafood.*





# ROOMS+RATES

## Ocean view room

Single \$1800

Double (per person) \$1350

## Garden View

Single \$1650

Double (per person) \$1300

## Yoga Cave

(ocean view, shared bathroom)

Single \$1260

\$700 Deposit due at registration  
Remaining balance due 12/15/23

To register email:  
[jen@uptownyoga.com](mailto:jen@uptownyoga.com)







## Adventures



### **Ethical Elephant Experience**

Visit the Samui Sanctuary where you can feed, walk and observe these beautiful creatures in their forested home.

### **Island Temple Tour**

Half day tour visiting and learning about the temples of Koh Samui

### **Waterfall Hiking**

Afternoon hiking to Na Muang Waterfalls. Relax and swim in the natural pool.





## Getting to Koh Samui

- Fly to Bangkok and enjoy a couple days on your own in the city or directly to Koh Samui. Flights to Koh Samui can be purchased separately from Bangkok. Check prices and flight schedule for both direct and separate for best deals.
- Transfer from Koh Samui airport to resort will be provided

## What's Included?

- Daily brunch and dinner
- Drinking water .
- Twice daily yoga classes
- Afternoon workshops
- One excursion of choice
- Private Sunset Dinner Cruise
- Accommodations and taxes
- Transfer to and from the airport

## What to Bring

- Yoga Clothes
- Swimsuits
- Reef safe Sunblock
- Sunglasses/ Hat
- Headphones
- Shorts
- Sundresses
- Sandals
- Book
- Beach bag
- Cash for shopping

## Gratuities + Extras

- Additional purchases of spa services, excursions, alcohol or extra food will be the responsibility of guest
- Tips are not included. Please consider showing support for the local staff.

---

## Ready to book?

- Email [jen@uptownyoga.com](mailto:jen@uptownyoga.com)
- Spot is secured with \$700 non- refundable, non-transferrable deposit
- Full payment is due by Dec 15th
- Refunds on payments are not available after Dec 15th
- Should you need to cancel before Dec 15th, payments will be refunded in full minus the deposit.