



HIGHLAND YOGA

THAILAND YOGA RETREAT

WITH ELSIE & CARON
JUNE 11-17, 2023

EMAIL CARON@HIGHLAND-YOGA.COM



Thailand Yoga Retreat

June 11-17, 2023



7 days/6 nights total at Vikasa Resort



Yoga, meditation, spa services



Beautiful beaches



Mindfully sourced, organic meals



Connect with community, relax, and have an adventure!

What students are saying...

"The HY retreat to Amansala Tulum in 2019 was one of the best vacations of my life. Food was healthy, fresh and fantastic, Yoga while watching the sun come up over the Caribbean Sea was mind blowingly spectacular. Best of all was getting to know other members of the HY community, many of whom we still hang out with on a regular basis. I can't wait to go back" – Ron Farmer



Sample Daily Itinerary

7:30 am - Morning beach walk

9 am - Power Yoga + Meditation

10:30 am - Brunch

12 pm - 4:30 pm - Free Time

4:30 - 6 pm - Deep Stretch + Restore

6:30 pm - Dinner



Room Types

- Prana Cabana Plus - These rooms bring guests close to nature while providing every convenience - plus direct beach access and the most spectacular unobstructed sea views from its private terrace to allow you to take in one of Samui's spectacular sunrises. It's a truly unique waterfront living experience.
 - 2 Twin Beds or 1 King
 - \$1470/single, \$1135/person, double
- Lotus Pad - Rest, recharge, and awaken to the sounds of nature and the beautiful sunrise that will energize you for the day ahead. Step out onto your private balcony to enjoy the fresh island air, relax and read a book or meditate and feel at one with the natural surroundings.
 - 2 Twin Beds or 1 King
 - \$1530/single, \$1180/person, double
- Lotus Pad Plus - For the ultimate relaxation, these rooms offer more privacy with stunning views of the sea right from your bed. Experience privacy with the most spectacular unobstructed sea view right in-front of your bed and chill on ocean-breezy spacious terraces.
 - 2 Twin Beds or 1 King
 - \$1680/single, \$1240/person, double





YOGA + MEDITATION



MORNING PRACTICE
HY POWER FLOW

EVENING PRACTICE
SLOW FLOW
DEEP STRETCH + RESTORE

FAQ

Travel & Transportation

- Fly into Bangkok (not included)
- Train + ferry to Koh Samui OR fly from Bangkok to Koh Samui (not included)

What To Bring

- Yoga/workout clothes
- Yoga mat (optional - mats are available to borrow)
- Swimsuit
- Sunscreen
- Sandals
- Hat + Sunglasses
- Headphones
- Beach bag

What's included?

- 7-day/6-night stay at Vikasa Resort
- Brunch and dinner daily - excludes alcohol
- Yoga classes

Ready to book?

- To secure your spot, \$600 nonrefundable, nontransferable deposit required.
- Payment in full required April 30.
- Email caron@highland-yoga.com to secure your spot.



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