

SELF DISCOVERY IN CAMBODIA WITH YOGA ASHRAM

Dates : 20th – 25th April, 2024
Duration : 6 days & 5 nights
Venue : Navutu Dreams Resort and Wellness Retreat
City : Siem Reap, Cambodia

Schedule

20th April - Arrival at Siem Reap, Cambodia

9.50 am : Arrive @ Siem Reap International Airport
 11.00 am : Meet & Greet. Transfer to Resort .
 11.30 am : Check in at Navutu Dreams Resort
 1.00 pm : Lunch @ resort
 4.00 – 5.00 pm : Opening Circle with Shashank and Harsha
 5.00 – 6.00 pm : Yoga with Shashank
 7.30 pm : Dinner



21st April - Day trip to Tonle Sap & Kampong Phluk

6.00 – 6.30 am : Jal Neti Session
 6.30 – 7.30 am : Yoga stretch with Shashank
 8.00 am : Breakfast
 9.00 am : Departure for the tour
 1.30 pm : Lunch @ the resort
 4.00 – 5.00 pm : Hatha Yoga with Shashank
 5.00 – 6.00 pm : Breathing and Meditation with Harsha
 7.30 pm : Dinner



22nd April - Visit to Angkor Wat

- 6.00-6.30 am : Jal Neti Session
- 6.30 – 7.30am : Holistic Yoga Sessions followed by Yoga Nidra and guided meditation with Harsha
- 7.30 am : Breakfast
- 9.00am : Departure for a guided tour of Angkor Wat
- 1.30pm : Lunch @ Resort
- 4.00 – 5.00pm : Strengthening and Stretching session with Shashank
- 5.00 – 6.00pm : Breathing and Meditation with Harsha
- 7.30 pm : Dinner



23rd April - Visit to Phnom Kulen National Park & Thousand lingas

| | | |
|----------------|---|--|
| 6.00- 6.30 am | : | Jal Neti Session |
| 6.30 – 7.30 am | : | Hatha yoga with Shashank |
| 9.00 am | : | Departure to Phnom Kulen |
| 1.00 pm | : | Lunch at a local restaurant |
| 6.00 – 7.00pm | : | Holistic Yoga Session followed by yoga nidra and guided meditation with Harsha |
| 7.30 pm | : | Dinner at resort |



24th April - Free Day

| | | |
|----------------|---|---|
| 6.00 – 6.30 am | : | Jal Neti Session |
| 6.30 – 7.30 am | : | Holistic yoga Session with yoga Nidra and guided meditation with Harsha |
| 8.00 am | : | Breakfast |
| 9.00 am | : | Free time to relax , go to the spa ,take a tuk tuk into town , do some shopping |
| 1.00 pm | : | Lunch at the Hotel |
| 4.00 – 5.00pm | : | Vinyasa Flow with Shashank |
| 5.00-6.00pm | : | Closing ceremony with Shashank & Harsha |
| 7.00pm | : | Dinner |



YOGA ASHRAM
real yoga made easy



SUGARCANE
ELEPHANTS
Sweet Big Transformational Journeys



25th April - Departure to Siem Reap International Airport

6.30 am : Breakfast
7.00 am : Departures to Airport



End of Retreat



Further Information on the retreat

Investment

Package for 6 days and 5 nights – All inclusive (as indicated)

Single Occupancy : USD 1800/-
Sharing : USD 1550/-

Recommended Flights

Airline : Singapore Airlines

20th April : Dubai to Siem Reap, Cambodia
7.50 pm – 9.50am

25th April : Siem Reap , Cambodia to Dubai
10.00 am – 6.25 pm.

Inclusions in the package:

- Accommodation for 6 days and 5 nights as indicated.
- All meals from Lunch on Day 1 to Breakfast on Day 6 (as indicated)
- Airport Transfers
- Services of a professional English-speaking driver guide
- Tour of Tonle Sak Lake
- Tour of Kampong Phluk
- Tour of Phnom Kulen National Park
- Angkor Wat Temple visit
- All entrance fees.
- All transportation for tours.

Exclusions in the package:

- 5% vat
- Expenses of a personal nature e.g. tips, portorage, laundry, drinks during meals
- Any extras incurred at the resort or outside.
- Visa fees
- International Air Tickets
- Travel Insurance