



Rooted Within

A Soulful Retreat For Mind, Body & Soul

January
25-30, 2026

Thailand

A SOUL SANCTUARY

This retreat is an invitation to slow down, return and connect to your inner world. Held at Vikasa on the lush island of Koh Samui, we gather to breathe, release, and reconnect through yoga, nourishing meals, and soul-deep practices — awakening the quiet wisdom of the heart.

INDULGE IN

5 nights & 6 days

OF ALL-INCLUSIVE RETREAT WITH NOURISHING MEALS AND IMMERSIVE EXPERIENCES:

- Hatha Yoga Session
- 60-Min Massage Treatment
- Beachside Sunset Bonfire
- Waterfall Hike Into Nature
- Temple Tour
- Local Market Visit
- Airport Pickup & Drop (same flight as the group)
- Breakfast & Dinner
- Daily Afternoon Snacks
- Retreat Goodie Bag

Package Cost:

EXCLUSIONS IN PACKAGE : VISA, INSURANCE, ROOM SERVICE, ADDITIONAL FOOD & FLIGHT TICKETS

Single Occupancy :
(PER PERSON)

AED 8,000 | AED 8,500

Double Occupancy :
(SHARING BASIS /PER PERSON)

AED 6,700





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RECOMMENDED

Flight Details

AIRLINE: Emirates & Bangkok Airways

DEPART:

Saturday, January 24, 2026

DXB > Bangkok

10:35 PM - 7:35 AM | EK374

Bangkok > Koh Samui

9:20 AM - 10:35 AM | EK4418

ARRIVAL:

Friday, January 30, 2026

Koh Samui > Singapore

4:25PM - 7:20 PM | EK4608

Bangkok > DXB

9:00PM - 1:00 AM | EK355

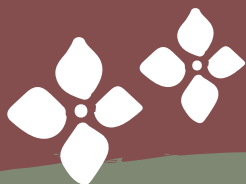
Please note!

- Spots are limited for this retreat, so we recommend booking early!
- To hold your place, a 50% deposit is needed. Full payment is due by January 3, 2026.

To Reserve your spot

PLEASE SEND US:

1. Phone number, Email & Passport Details
2. Dietary requirements and any allergies if any.



Cancellation Policy

1. Cancellation before 75 days before start of retreat full amount paid will be refunded less the Admin Fee, VAT and Transaction Fee
1. Cancellation after 65 days before start of retreat 50% of amount paid so far for the package will not be refunded.
2. If you cancel after 60 days or less before your retreat start date, no refund is applicable.

To Confirm your spot

Please make the payment to the below bank details .
Send us an email to angela@yogashram.com so the payment can be tracked against your reservation.

BANK DETAILS

Name: Yoga Ashram DMCC

Account No.: 1014807205201

IBAN No: AE730260001014807205201

Bank Name: Emirates NBD BANK

Swift Code: EBILAEADCANCELLATION



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THAILAND

Entry Requirement

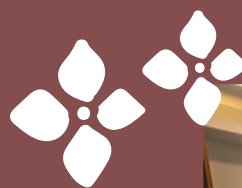
Travellers entering Thailand must complete the TDAC (Thailand Digital Arrival Card) within 3 days prior to arrival. This is a quick form that can be filled out with the below link. You will need to show the confirmation email with your travel documents to immigration.

<https://tdac.immigration.go.th/arrival-card/#/home>

SINGLE & DOUBLE

Prana Pads

Our four Prana Pads are located right above the White Prana Sala in our Prana Village. These rooms are private ensuite rooms, each with their own balcony and stunning ocean and tropical garden views. These rooms are large with a hotel-vibe, inviting you to enjoy a high level of comfort, ease and tranquility during your stay. Rooms offer twin or king beds, desks, a comfortable seating area, soft lighting options and plenty of space to store your vacation belongings.



SINGLE: AED 8,000/-
SHARING: AED 6,700/-



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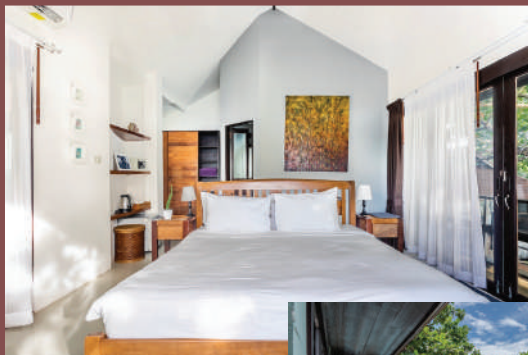
SINGLE & DOUBLE

Lotus Pad+

Lotus Pad + are recently renovated and most have nice views. Some of these pads overlook the swimming pool, while others face the sea or the jungle. They're conveniently located in the heart of Vikasa. Some have their own balcony.

SINGLE: AED 8,500/-

SHARING: AED 6,700/-



SINGLE & DOUBLE

Lotus Pads

The standard lotus pads are the original room type located in the center of Vikasa. They've been recently updated to provide a standard level of comfort. They have mixed views, and sometimes have a balcony as well. They are standard, yet spacious and comfortable.

SINGLE: AED 8,000/-

SHARING: AED 6,700/-

