

# Twisting Peacock Yoga Retreat

Koh Samui August 16<sup>th</sup>-23<sup>rd</sup> 2014



A week to remember in “the land of smiles”  
with Rami Ryan and Donna Buchanan  
staying in the luxurious, boutique Vikasa Yoga Resort

## What's included in the retreat?

- ❖ 7 nights' accommodation in Vikasa Yoga Resort.
- ❖ Airport transfers to/from Koh Samui airport.
- ❖ 2 delicious, fresh, organic meals per day including two “special” meals.
- ❖ Daily meditation, pranayama & asana practice, either on the beach or in the beautiful open aired pavilion.
- ❖ Workshops offering a greater insight into the yogic philosophy, helping you to deepen & integrate your practice in daily life.
- ❖ Plenty of free time to explore the Island, sit by the pool, get a massage, renew..

## Sample Daily Schedule (TBC):

6.30-7.00am-Sunrise Meditation & Pranayama  
7.00-8.30am-Asana  
8.30am-Breakfast  
9.30-10.30am-Workshop  
10.30am-5.00pm-FREE TIME  
5.00-6pm-Restorative Asana  
7.00pm-Dinner

## How much does it cost?

Single Sea Front (communal bathroom) \$2,299 AUD  
Ocean Terrace rooms \$2,399 AUD  
Ocean Front rooms \$2,499 AUD

## What you will gain:

- ❖ A unique experience deepening your practice.
- ❖ Healthy meals mindfully prepared for you.
- ❖ Relaxation & rejuvenation.
- ❖ New friends!



[www.twistingpeacockyoga.com.au](http://www.twistingpeacockyoga.com.au)

Retreat to be booked & paid for by Friday, 20th June 2014. For more information please email: [rami@twistingpeacockyoga.com.au](mailto:rami@twistingpeacockyoga.com.au)