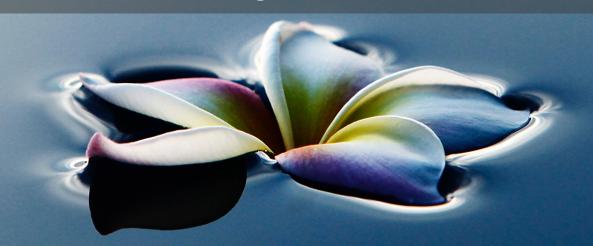
# Twisting Peacock Yoga Retreat Koh Samui August 16<sup>th</sup>-23<sup>rd</sup> 2014



A week to remember in "the land of smiles" with Rami Ryan and Donna Buchanan staying in the Iuxurious, 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 &

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!





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