

SCHEDULE

Flexible & subject to change

SUN 15 OCT

Day 1

2PM - Arrival & Check-in (*those coming from DXB*)
530PM - Welcome Circle/ Intro & Intention Setting
7PM - Dinner
8PM - Yin Yoga

MON 16 OCT

Day 2

730AM - Gratitude Meditation & Vinyasa Flow
9AM - Breakfast
10AM - Boat Trip to Phang Nga Bay*
TBD - Based on arrival time back to the hotel

TUES 17 OCT

Day 3

730AM - Ashtanga Half Primary Series
9AM - Breakfast
10AM - Day Trip to Phuket Old Town for shopping
6PM - Crow & Headstand Workshop
7PM - Dinner
8PM - Inner Child Meditation & Sound Healing

**Dependent on weather conditions.*

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WED 18 OCT

Day 4

730AM - Breathwork & Deep Stretch Class

9AM - Breakfast

10AM - Big Buddha Excursion

1PM - Lunch followed by free time

5PM - Transport to Group Sunset Dinner

THURS 19 OCT

Day 5

730AM - Chakra Meditation & Energising Flow

9AM - Breakfast followed by free time**

1PM - Lunch

6PM - Arm Balancing Workshop

7PM - Dinner

8PM - Yoga Nidra & Sound Healing

FRI 20 OCT

Day 6

730AM - Heart & Hip Opening Flow

9AM - Breakfast

10AM - Closing Circle

1PM - Lunch

430PM - Snack & Departure for Airport (*those departing for DXB*)

***A good day to go to Nai Harn Beach or a Beach Club!
Transport not included in package but can be arranged for you.*