

YOGA ESCAPE

6 days / 5 nights

Day 1:

Check-in by **4:00 pm**

5:00 pm Meditation & Joint movement Exercises Session

7:00 pm Dinner

8:30 pm Movie Night or free time

Day 2:

7:00 am Balancing poses Session

8:30 am Breakfast

9:30 am Excursion to Big Buddha and Wat Chalong

1:00 pm Lunch at area vegetarian restaurant

2:00 pm Beach or Free time

5:30 pm Presentation on Meditation and Sun Salutation

7:00 pm Dinner

Day 3:

7:00 am Hatha Yoga Session

8:00 am Breakfast

9:30 am Excursion to Karon viewpoint, Cape Promthep overlook

11:00 am Photo Group Activity (Nai Harn Area)*

1:00 pm Lunch

2:00 pm Beach & Free time

5:30 pm Beach yoga Session: Kata Noi*

7:30 pm Farewell Dinner with live musical entertainment**

Day 4:

8:00 am Breakfast

9:00 am Desert Island of Andaman Sea Full Day Tour departure

10:00 am Beach yoga Class

1:00 pm Lunch

4:00 pm Arrival to hotel

5:30 pm Hatha Yoga Session

7:30 pm Dinner

Day 5:

7:00 am Hatha Yoga Session

8:30 am Breakfast

11:00 am Thai cuisine cooking class

1:00 pm Lunch

2:00 pm Free time

5:30 pm Beach or alternate site Yoga class*

7:30 pm Dinner at Seafood Restaurant



Day 6:

7:00 am Hatha Yoga Session

8:30 am Breakfast

9:30 am Beach time

12:00 pm Check-out

* - depend on weather conditions, location and time subject to change

** - a minimum number of individual required for certain programs. We reserve the right to adjust these programs with another option of equal or greater value.



CC's Hideaway

84/21 Patak Road Soi 10, Karon, Amphoe Muang, Phuket 83100 Thailand

www.ccshideaway.com