

# YOGA

# RETREAT

*for men*  
on tropical Phuket Island

9 - 15 OCTOBER 2015

## Day1 Oct 9:

Check-in by **4:00 pm** (maybe arrive early for your massage)

**5:30 pm** Optional Flow Class

**7:00 pm** Appetizers in Lobby

**7:30 pm** Dinner & Orientation in Yoga Studio

## Day2 Oct 10:

**7:00 am** Kundalini Session

**8:30 am** Breakfast

**11:00 am** Vinyasa Flow

**12:30 pm** Lunch

**2:00 pm** Excursion to Karon viewpoint, Cape Promthep overlook

**4:00 pm** Drop-off at Kata Noi for Sunset or return to CC's

**5:00 pm** Restorative Yin Yoga (optional for those returning at 4:00 pm)

**6:45 pm** Kata Noi Pick-up

**7:30 pm** Dinner

**9:45 pm** Shuttle to Patong (Phuket's sin-city and self-return by taxi)

## Day3 Oct 11

Sleep -in and breakfast at your leisure or get your massage in

**11:00 am** Kundalini

**12:30 pm** Lunch

**1:30 pm** Excursion to Old Phuket Town Self-guided sight seeing

**4:30 pm** Pick-up and head to Phuket Night Market

**7:00 pm** Depart and head back to CC's

**8:00 pm** Dinner

**8:30 pm** Movie or Free time

## Day4 Oct 12:

**7:00 am** Kundalini Session

**8:30 am** Breakfast

**9:30 am** Free time

**12:30 pm** Lunch

**2:30 pm** Excursion to Big Buddha and Wat Chalong

**6:00 pm** Vinyasa Flow

**7:30 pm** Seafood Buffet Dinner

## Day5 Oct 13:

**7:00 am** Breakfast

**8:30 am** Phi Phi Island Day Tour\* or Spa Supplement (\$60- 4 hours of treatment at area SPA)

**1:00 pm** Lunch on island or at CC's upon return from Spa

**5:30 pm** Island Tour return to CC's

**6:00 pm** Vinyasa Flow

**7:30 pm** Dinner

\* tentatively includes Kundalini Session

## Day6 Oct 14:

**7:00 am** Kundalini Session

**8:30 am** Breakfast

**10:00 am** Coral Island Adventure (or Thai Cooking Class for \$30 supplement)

**1:00 pm** Lunch on island or boat (or Thai Cooking Class)

**2:30 pm** Arrival Back at CC's from Cooking class

**4:30 pm** Arrival Back at CC's from Coral Island

**5:00 pm** Vinyasa Flow

**7:00 pm** Special Closing Dinner with Live Entertainment

## Day7 Oct 15:

**7:00 am** Kundalini Session

**8:30 am** Breakfast

**9:30 am** Free time or get your massage

**12:00 pm** Check-out

