

Reconnect with your Heart

A 10-DAY RETREAT WITH SILENT MEDITATION,
YOGA, AWAKENING AND COACHING

Highlights

- 10 days of silent meditation with coaching
- 1 or 2 yoga classes per day depending on daily activities
- 2 vegetarian meals per day + fruits, herbal tea and coconut water in the afternoon (DETOX)
- Last night Special Dinner
- Exciting creative activities daily
- 5-hour snorkelling tour on day 5.
- Full access to the resort's tropical forest and to the beachfront area with the beauty of the tropical sea
- 9 nights accommodation (luxury tents) in the resort's tropical garden
- One 60-minute full body (Oil or Thai) massage
- Transfers to and from the Pier
- Workbooks
- All in all a life changing experience

Yoga Styles

- Hatha / Hatha Flow
- Vinyasa / Vinyasa Flow
- Restorative
- Yin

Skill Level

- Beginner
- Intermediate

Date: 6th of October – 15th of October, 2019

Location: Baan Talay Resort, Koh Tao, Thailand

Jump with Orsi 

COACHING WITH LOVE & COMPASSION