

Reconnect with your Heart

A 10-DAY RETREAT WITH SILENT MEDIATION, 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 (DE'TOX)
- 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

Dates

- English Group: 6th of October - 15th of October, 2019 - **FULLY BOOKED**
Hungarian Group: 19th of January - 28th of January, 2020 - **LIMITED SPOTS**
English Group: 12th of February - 21st of February, 2020 - **LIMITED SPOTS**

Location

Baan Talay Resort, Koh Tao, Thailand

Jump with Orsi 

COACHING WITH LOVE & COMPASSION