

# 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

### Dates

August 11, - August 20, 2021 - **LIMITED SPOTS**

### Location

Baan Talay Resort, Koh Tao, Thailand

Jump with Orsi 

COACHING WITH LOVE & COMPASSION