



Kamalaya Yoga Synergy Retreats

Kamalaya's seven day Yoga Synergy retreats are offered each month, beginning on a Saturday.

The word 'Yoga' derives from the Sanskrit 'to join' or 'to unite' and 'Synergy' from the Greek 'working together' and refers to a dynamic state in which combined action is favored over the sum of individual component parts. Yoga Synergy retreats offer an immersion in yoga including breathing practice and meditation, supported by the synergy of the instructors, facilities, additional resources such as wellness treatments, healthy cuisine and an inspiring setting within nature. Presentations and special classes are included to enhance the participants' inner connection and personal experience.

Nestled amongst rocks, trees and nature, and with breathtaking views of the sea, islands, and mountains, Kamalaya's environment is the ideal staging ground for yoga retreats. The Monk's Cave, which once served Buddhist monks as a place of meditative retreat, further accentuates the special energy of this inspiring place. The open-air, wood-floored Yoga Pavilion overlooks a pristine coastline and offers beautiful panoramic sunset views. The Yantra Hall, influenced by the principles of sacred geometry, is another ideal space for yoga classes, as well as for presentations and creative activities.

Classes

Yoga Synergy includes the following classes and special presentations:

- Wellness Orientation
- Two daily yoga sessions
- Daily meditation and pranayama (breathing practice)
- Two group life coaching sessions
- Presentations and discussions on related topics including:
 - Personal goals and intentions
 - Yoga and daily life
 - Sound healing and mantras

Wellness Sanctuary and Holistic Spa

The following Wellness treatments are included to enhance Yoga Synergy:

- 1 x Individual Body Bio-Impedance Analysis (BIA)
- 1 treatment from the following selection:
 - 60 minutes Vital Essence Oil massage
 - 90 minutes Traditional Thai massage
 - 60 minutes Indian Head massage
- Use of Steam Cavern, Swimming Pool, Plunge Pools and Shakti Fitness Center
- Optional attendance to other daily holistic fitness classes (chi gong, tai chi, spirit dance and more...)
- Optional treatments from an extensive menu are also available, depending on personal requirements and goals.



Dates for 2008

January 26 – February 1
February 9 - 15
March 1 - 7
April 5 - 11
May 3 – 9, May 31 – June 6
July 5 - 11
August 2 – 8, August 30 – September 5
September 27 – October 3
November 1 – 7, November 29 – December 5

Prices and inclusions

Yoga Synergy Retreats begin at 69,500 THB and include the following:

- Full Room and meals for 7 nights
- Presentations and discussions (see above)
- Wellness Orientation and individual Body Bio-Impedance Analysis (BIA)
- Wellness treatments (see above)
- Use of Kamalaya facilities, including herbal steam cavern, swimming and plunge pools, Shakti Fitness Centre and holistic fitness classes such as chi gong, Pilates, yoga etc.
- Round trip airport transfer from Koh Samui Airport

For bookings and enquiries visit www.kamalaya.com or call +66 (0)77 429 800.

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