

YOGA RETREAT

CAMERON HIGHLANDS, MALAYSIA



Yoga Retreat @ Cameron Highlands 24-26 April 2008 (3D2N)

Join us in this enriching and invigorating activities-packed Yoga Retreat. We have conducted retreats in the past 3 years successfully. You'll get to learn different styles of Yoga and receive a certificate of participation from us, a Registered Yoga School from Yoga Alliance.

Highlights

Ashtanga Vinyasa Workshop

Backbending Workshop

Pendulum Workshop

Aqua Fitness!

Yoga Practice that includes Asanas, Pranayama and Meditation

Fun activities such as trekking, forest walk, Yoga games etc

Program

Day 1

Assemble at Cameron Highlands at 2pm. Check in resort. Gather for ice-breaking games, introduction and briefing of the program for the following days.

Ashtanga Vinyasa Workshop Part 1

Wash-up and dinner

Watch DVD, group discussion, mingle and interaction

Day 2

Early morning, rise and shine! Backbending Workshop Part 1

Breakfast. Short rest/ wash up.

Trip to waterfall trekking or other outdoor excursion, e.g. forest walk (subject to weather conditions)

Visit strawberries farm to eat fresh, sweet strawberries in the nice, cool environment.

Lunch

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Pendulum Workshop

Yoga Games

Ashtanga Vinyasa Yoga Workshop Part 2

Aqua Fitness!

Wash up and Dinner.

Talent-time!



Day 3

Backbending Workshop Part 2

Breakfast

Shopping. Check out hotel.

Sharing of experiences, post mortem and bid farewell at 11am. Travel back to respective regions. Home sweet home.

Cost

Early Bird: Register by 15 March 2009
SGD400 or RM960

Normal Price: Register by 1 April 2008.
SGD500 or RM1200

Cost includes:

- Workshop course fees
- 2 nights accommodation
- Vegetarian meals

Cost does not include:

- Travel cost from respective region to and fro Cameron Highlands.
- Travel Insurance
- Other personal expenses.



Registration

We can only take a maximum of 20 participants. First-come-first-serve basis. To register, please fill in the form below and pay a **50% deposit**.