

A dream come true! Come to the Aleenta Phuket-Phang Nga Resort and Spa in Thailand with Spirit Yoga

Patricia Thielemann invites you to come to the [Aleenta Resort und Spa](#) Luxury Beach Resorts and to dive deeply into the practice of Spirit Yoga.

Guided by the theme: “Recharge Your Life”, this retreat in paradise will give your batteries the fresh power you need, in carefree luxury.

These unique yoga retreat offer you the opportunity to nurture yourself in nature’s beauty while developing a personal, deeply-connected yoga practice. You can enjoy the guidance of one of Germany’s most well- renowned modern-yoga masters in the comfort of luxurious and exclusive 5-star hotel.

Your accommodation: You will to stay in the exclusive [Grand Deluxe Pool Villa](#) in Aleenta Boutique Luxury Beach Resort & Spa. The stylish, elegant 5-star resort is the pinnacle of high-end rest and relaxation, in the design of a Zen-like palace, is also a recognized member of Small Luxury Hotels of the World.

This program will rebuild your clarity of purpose and gives you back the strength to both meet the challenges of your lives, and to tackle them with renewed positive energy. Additional workshops on yoga history, philosophy, and self-development will shed light on how you can enrich your daily life.

Discover the essential key aspects of your life and be inspired to fully step into your light.

PROGRAM

Day 1

4.30 – 6 pm : Welcome Yoga class, Coconut Drink

7 pm: Dinner at the beach, light ceremony

Day 2

7 am: Kombucha, coffee, tea

7.30 - 8.00 am: meditation

8.00 - 9.30 am: Yoga class

free time for Chakra-analysis or massage

5 – 6 pm: relax deeply Yoga class

7 pm: dinner

Day 3

7.00 am: Kombucha, coffee, tea

7.30 - 8.00 am: meditation

8.00 - 9.30 am: Yoga class

4.00 - 5.00 pm: Yoga fundamentals

5.00 - 6.00 pm: principals of mindfulness

7.00 pm: dinner

Day 4

7.00 am: Kombucha, coffee, tea

7.30 - 8.00 am: meditation

8.00 - 9.30 am: Yoga class

4.00 - 5.00 pm: Yoga Nidra

5.00 - 6.00 pm: principles of yoga, gentle yoga practice

7.00 pm: dinner

Day 5

7.00 am: Kombucha, coffee, tea

7.30 - 8.00 am: meditation

8.00 - 9.30 am: Yoga class

5.00 - 6.00 pm: relax deeply Yoga class

7.00 pm: dinner

Day 6

7.00 am: Kombucha, coffee, tea

7.30 - 8.00 am: meditation

8.00 - 9.30 am: Yoga class

5.00 - 6.00 pm: group discussion on philosophical inspirations, plus meditation

7.00 pm: dinner at the beach, floating light ceremony

Day 7

departure

Co-teacher: Bettina Hartmann

This retreat will be bilingual if there are some English speakers who wish to attend.

BOOKING AND PRICES

Yogaprogram: 780 Euro

Acommodation not included!

BOOKING YOGA PROGRAM

Hotel Booking

via Mail: RESERVATION@AKARYN.COM

Booking Code: **SPIRIT23**

ROOMS AND PRICES

Private Room single booking: 344 Euro per person/ day (Grand Deluxe Pool Villa)

Private Room double booking: 260 Euro per person/ day (Grand Deluxe Pool Villa)

Included:

- Daily Room and breakfast Grand deluxe pool villa for participant
- 2 x 90minutes spa treatment
- Chakra and element analysis
- 2 x Nidra Yoga
- Daily Kombucha, coffee, tea
- Daily Refreshment
- Daily Dinner
- Roundtrip transportation Airport-Hotel

Room Booking via Mail: RESERVATION@AKARYN.COM

Booking Code: **SPIRIT23**

Travel information

- All travel arrangements are your responsibility and at your own cost. We shall not be held liable for any consequences arising from delays or cancellations in any of the companies you may have made arrangements with, or for any irregularities in your documentation required for travel. Transfers to/from the retreat are at your own cost, unless otherwise specified. Please check the travel advice for Thailand (links below).
- Travel insurance is highly recommended. If you choose to buy insurance we require that your travel insurance covers the activity of this retreat as well as unexpected cancellation, sickness, losses and all the usual risks. You should bring the policy with you in case of an emergency.
- Cancellation policy: You may cancel your booking at any time. With a cancellation less than 60 days in advance Spirit Yoga keeps 25% of the whole yoga program price, 59 - 30 days in advance 50%, 29 - 7 days 75 %. Less than 7 days there is no refund possible. This cancellation policy refers to the price for the yoga program (780 EUR). For the hotel please check the cancellation policy of Aleenta.

More travel information

[https://www.auswaertiges-
amt.de/de/ReiseUndSicherheit/thailandsicherheit/201558](https://www.auswaertiges-amt.de/de/ReiseUndSicherheit/thailandsicherheit/201558)

<https://bangkok.diplo.de/th-de/service/aktuelle-informationen/2320408>

<https://www.adac.de/news/thailand-urlaub-corona/>