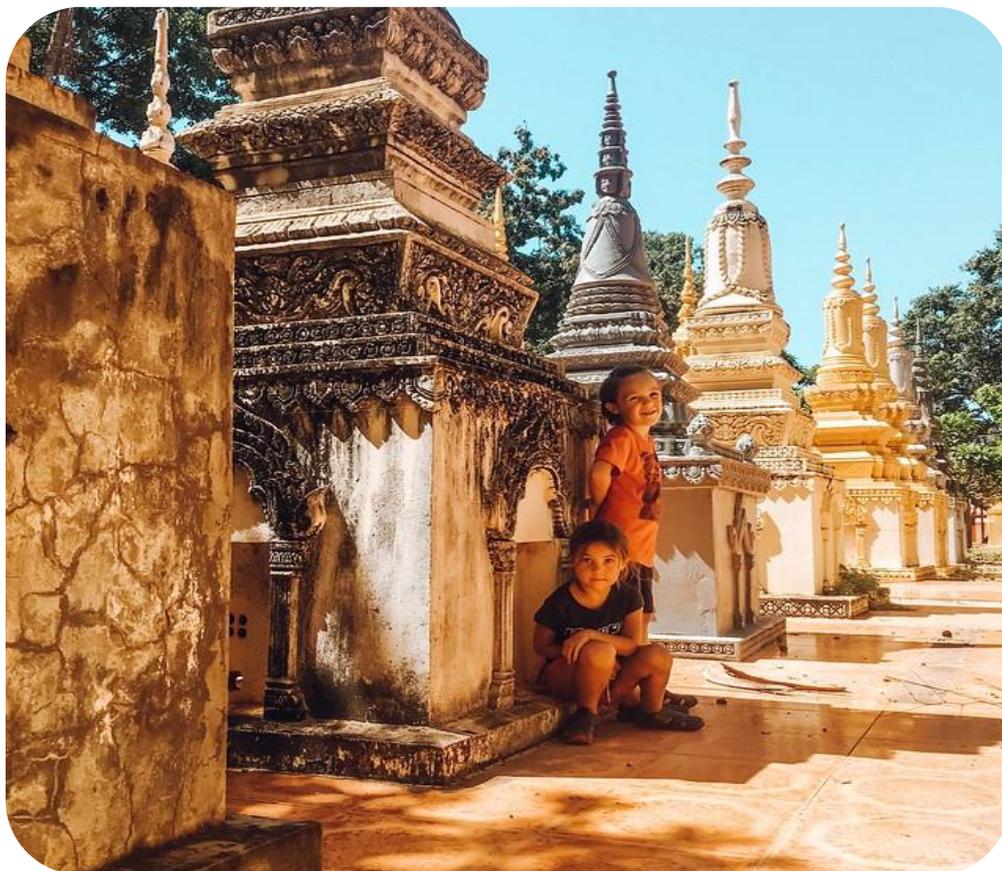


Iyengar Yoga Retreat with Rosie Holland and Jyoteeka Cummings

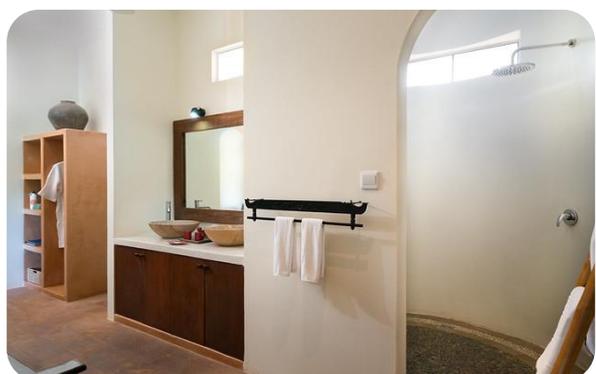
Siem Reap, Cambodia
28th June - 5th July 2020

We are excited to bring you to Cambodia for our next retreat. We will be staying at Navutu Dreams Resort, which is an upmarket boutique resort in a peaceful setting. The resort is located close to the centre of town, markets and local temples.



Accommodation:

Each room is enclosed by a private garden and has its own private veranda and sitting area. The view from each room is either a lush, well-manicured garden or the inviting lagoon style swimming pool. There are three swimming pools on the property.



Food:

Breakfast will be included in the price of your retreat. This will include pastries and fruit, fresh juices, cereals and yogurt, and a rotating choice of western and asian hot dishes.

We have also included 3 evening meals at the resort where we can gather together as a group. This gives you space to either choose to eat in the resort restaurant or to explore some local eateries and markets which are just a short tuk tuk ride away.

Yoga:

Classes will start on Monday the 29th of June for 6 days. Yoga classes with Jyoteeka will be a morning class from 7.15am to 9.15am and an afternoon class from 3pm to 4.30pm These classes will give a great grounding for your continued home practice.

Classes with Rosie will start in the morning at 9.30am and in the afternoon at 4.30pm. There is a purpose built Yoga room available to us. We will need to bring some props with us.

There will be an afternoon off on the Thursday afternoon so we can take some time to explore some of the temples.



Spa Treatments:

The resort has kindly offered each student a complimentary 45 min Khmer massage. They also offer traditional Asian massages to body scrubs, facials, and wraps that incorporate local tropical ingredients for the pampering experience. %20 discount on all spa treatments from 10am to 4pm for our group.

Travel:

We have made a group booking with Tracey.dench@travelbrokers.co.nz The flights are with Air New Zealand, flying up to Singapore and over to Siem Reap on the Saturday evening and leave on the afternoon of the 5th July arriving back in NZ midday Monday. You can choose to arrive or leave on a different date. The benefit of booking with Tracey is that you don't need to pay very much until quite close to the flight departure.

Costs:

The cost for 7 nights accommodation, breakfasts, 3 evening meals, complimentary massage and Yoga tuition

- Share twin - \$1500 each
- Single room - \$1955

Deposit/Cancellations:

To confirm your space please pay a non refundable but transferable deposit of \$500 into Rosie Hollands account - 02 0727-189203 -97.

Cancellation fee will be 25% for cancellations within 30 to 14 days from the arrival date. Cancellations received within 14 days from the arrival date will incur a 100% charge.