

🌀 Yoga Retreat in Thailand, 6.-18. December 2023 🌀

🌴 Join Dom Ananda and Andrea on a beautiful retreat in Thailand where you will dive deep into your Yoga and Meditation practice on a small island in the Andaman Sea.

🧘 We will have a fixed schedule of morning meditation and yoga with Dom Ananda and an afternoon gentle yoga class with Andrea. Each session is followed by delicious Thai food in the neighbour resort. During the day we spent our time enjoying the ocean, experiencing introduction into aquatic bodywork (Watsu), sharing circle, meditative walks under the stars ...

🌊 Koh Chang, Ranong has its magnificent charm as it is still very undeveloped and pure. There are just few roads and cars and no government electricity.

⚡ At OmTao where most of you will be staying, we offer 24 hours electricity with our own solar system. There are a few small shops on the island where you can buy some essentials.

😊 Language spoken: English and French

📅 Schedule for the retreat:

- Arrival in Bangkok on December 6th. Quiet visit of Bangkok, time for massage, delicious food and recovering from the journey
- December 7th to 8th visit Bangkok (China Town, Khao San road, Wat Pho, Wat Phra Kaeo &...)
- Night bus to Ranong on December 8th
- Arrival in Ranong on December 9th in the morning. Visit to hot springs and market. Boat leaves at 9.30am
- December 9th Brunch and time to relax. Sharing circle in the afternoon and dinner together.
- December 10th to 17th Full day schedule
- December 18th Meditation and short Yoga followed by breakfast

💰 Price for the retreat 970.- Euro

👫 for couples or people who want to share a room in Bangkok and on Koh Chang 870.-

The price includes accommodation in Bangkok (2 nights) and Koh Chang (9 nights), transfer with night bus from Bangkok to Ranong, Transport to hot springs in Ranong and to the pier, boat to the island and the transport from pier to OmTao.

On Koh Chang it includes two vegetarian meals a day, fruits, water and one optional fish dinner.

The price does not include the plane ticket and your expenses in Bangkok (tickets, taxi, private purchases, food). Your travel back to Bangkok or other destinations after the retreat are also not included. (We can help you with the bookings)

The event is limited to: min 5, max. 16 people

Please take precaution and have travel and health insurance for your travels. We are not a travel agent and are not reliable for any unpredictable circumstances. Dom Ananda shows you his favorite places in Bangkok and travels with you from Bangkok to the island where you all will meet up with Andrea at OmTao to begin the Yoga journey!

Beginners or advanced Yoga practitioners - everyone is welcome !

We are so happy to see you in December!

Dom and Andrea

Please contact us here or via email

French: domtao@hotmail.com

English and German: contact@omtao.net

BOOKING FORMALITIES:

We ask for an initial payment of 250.- Euros upon registration and the remaining amount by November 10th. To save transfer fees you are of course welcome to transfer the full amount right away.

In case that you cancel your trip before November 10th we will keep the initial payment of 250.- Euros. If you cancel later than November 10th, we will keep the 250.- Euro and any additional cost that we had so far.

Please transfer the money to one of the following accounts

1. Andrea Bode

Deutsche Bank

IBAN: DE74200700240725201800

BIC: DEUTDEDBHAM

2. andreabode@yahoo.co.uk for Paypal

Please read the above cancellation terms carefully. We consider your payment of the retreat as a confirmation to those terms.

Some more useful information:

At OmTao we don't have WiFi. You can decide to go offline for the retreat or use the WiFi in the restaurants. It is also easy and cheap to buy a sim card and internet package. Please buy True Move or AIS 12call.

With our Solar System you cannot use a hair dryer or a water heater!

Please also consider that there is no ATM machine on the island. And don't forget to pack a torch!

We are looking forward to seeing you in Thailand!

Much love

Andrea and Dom