



Dates 2016  
May 22-29  
September 4-11

Based on these dates, you can choose a 3 or 6 day retreat.



Whether you want to learn more about yoga, deepen your practice, relax your mind and body or just explore a new culture and meet like-minded people, then this yoga retreat is for you. With a varied daily schedule, you can immerse yourself as much or as little as you wish whilst enjoying the luxury of a beachside boutique resort (all classes optional).

With many activities on offer, both yogic and non-yogic, it is the perfect opportunity to indulge in healthy living. Enjoy a variety of asana, pranayama and relaxation classes in our beautiful ocean-facing tree top yoga studio and open your mind to presentations on yoga philosophy and yoga anatomy.



### What's included in a 3 or 6 day program?

- 4 or 7 nights (3 or 6 days) accommodation in twin or double share deluxe room
- Full board: Three vegetarian meals daily (buffet & cooked to order breakfast, 2-course lunch and 3-course dinner)
- Transfers to/from Atmosphere to the airport or pier
- Two yoga classes and one meditation class daily
- A variety of workshops and presentations
- Complimentary filtered water, fruit and WiFi in the room
- 10% discount on all spa services and a complimentary Indian Head Massage
- Access to pools, dive center, spa, beach & excursions and other services

### About your yoga host

Rae took her first Yoga Teacher Training course at the Sivananda Institute in Kerala, India in 2007. In more recent years, she has furthered her teacher training to include Yin, which she studied with Paul Grilley - and also Ashtanga based yoga with Paul Dallaghan of Yoga Thailand. Rae is also qualified to teach children and prenatal yoga, offers life coaching and nutrition advice, as well as being a Watsu provider.

Rates per person: 3 days/4 nights: 36,500 pesos 6 days/7 nights: 64,925 pesos

For reservations and enquiries, contact Rae Collins at [rae@atmosphereresorts.com](mailto:rae@atmosphereresorts.com)