



New Retreat Dedicated to Yoga at Chiva-Som



Do you want to feel fitter, have more energy, and be more relaxed and peaceful? Do you wish to form a toned body, handle stressful situations more easily and build self-awareness? The newly designed 'Yoga Retreat' being offered at Chiva-Som might be your solution.

What is so special about the retreat offered by Chiva-Som? As Preeda Ardmad, one of the renowned yoga instructors of Chiva-Som points out: "Consistent guest demand led Chiva-Som to provide a greater choice of yoga disciplines offered 365 days per year enhanced by yoga experts from all over the world including Australia, Britain and India."

The ancient practices of yoga - unifying body, mind and soul - help to direct you inwards and focus on personal healing. It's perfect for people who suffer from anxiety, recurring sleeping disorders, high heart rate, rigid joints or live a high strung lifestyle to mention just a few. Everybody can practice yoga, regardless of ability, age or flexibility- you only need to be open-minded and willing to learn to profit from the healing effects that yoga offers, benefiting everyone.

After a complete assessment by Chiva-Som's qualified Health and Wellness Advisors, you will be recommended one of the different yoga sessions: The Bosu Yoga or the Hatha Yoga are relaxing forms of yoga. If you prefer a faster paced style the Ashtanga or 'Power Yoga' might suit you more which are more physically demanding and intense, among many other types of yoga offered at Chiva-Som. The different forms of yoga combined with Meditation, Jala Neti for cleansing of the nasal passage and Pranayama help achieve mindfulness, self-awareness and clear breathing. "With the help of Chiva-Som's experienced yoga instructors, beginners become experts and experts are led to greater awareness" as Preeda Ardmad assures.

The Yoga Retreat is available from 5-nights or longer and includes the following:

Nightly inclusions:

- 3 Chiva-Som spa cuisine meals per night of stay (arrival day will begin with dinner)
- Choice of daily massage per night of stay (Thai, Chiva-Som or Invigorating Massage – 50 mins)
- Individual health and wellness consultation
- Participation in our daily fitness and leisure activity programmes
- Complimentary use of our Water Therapy Suites which include Steam, Sauna and Jacuzzi



5-Night Yoga Retreat:

5 Nights accommodation
2 Yoga Sessions
1 Meditation
1 Jala Neti

7-Night Yoga Retreat:

7 Nights accommodation
4 Yoga Sessions
2 Meditations
1 Jala Neti

10-Night Yoga Retreat:

10 Nights accommodation
6 Yoga Sessions
2 Meditations
1 Jala Neti
1 Pranayama
1 Emotional Freedom Technique

14-Night Yoga Retreat:

14 Nights accommodation
8 Yoga Sessions
3 Meditations
2 Jala Neti
2 Pranayama
1 Emotional Freedom Technique

Prices start from \$2,300 per person for a 5-night stay, rates are subject to 17.7 % service charge and V.A.T. Rates are quoted per person. Please note that a minimum of 5- night stay is required, except of the period between 20 December 2009 and 5 January 2010 when a minimum of a 7-night stay is required.

To experience Chiva-Som or for more information please call +66 32 536 536 or e-mail reserv@chivasom.com.

Please visit website www.chivasom.com

