



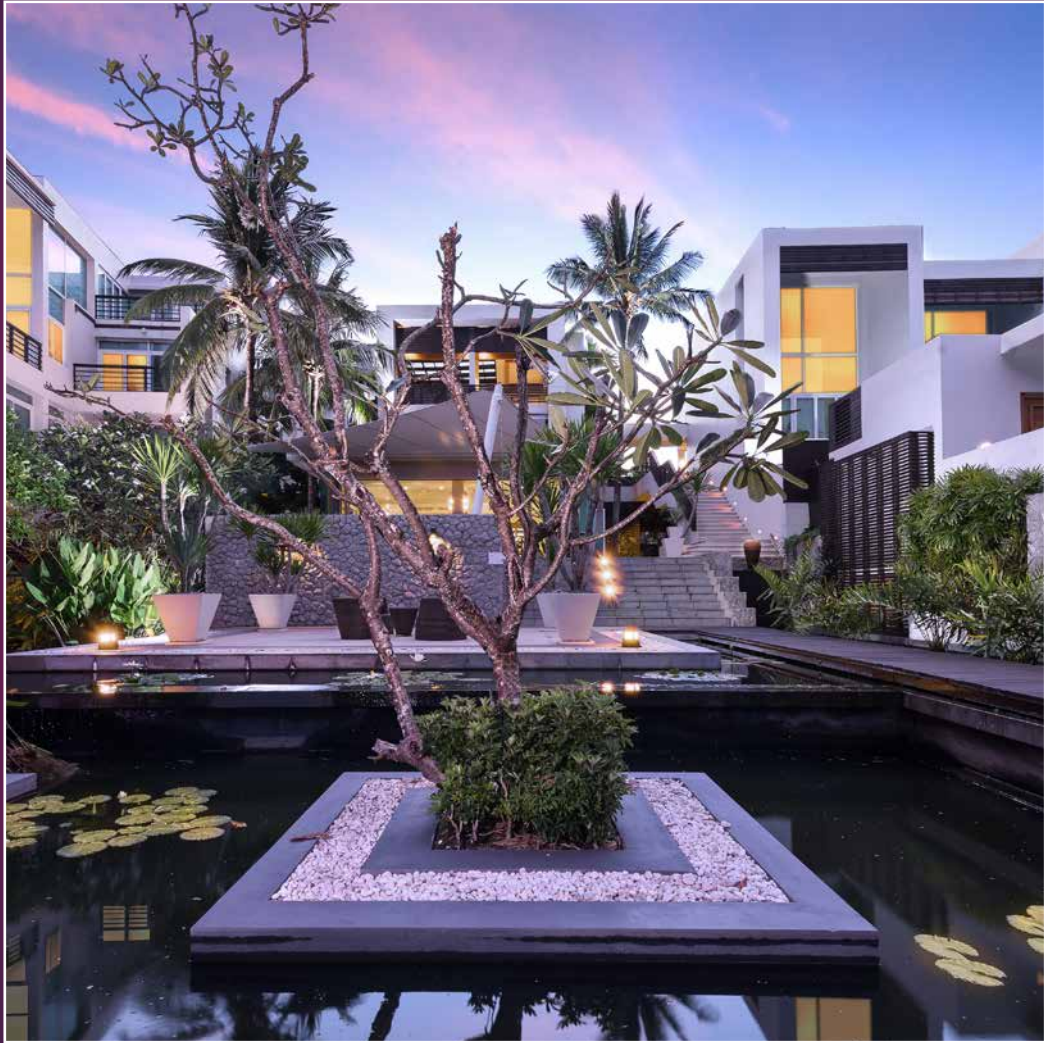
RECHARGE YOUR LIFE

YOGA RETREATS WITH PATRICIA THIELEMANN

Aleenta Phuket Resort & Spa and *akrya* Beach Club Phuket / Thailand

07. to 14. January | 01. to 08. March | 01. to 08. April 2017



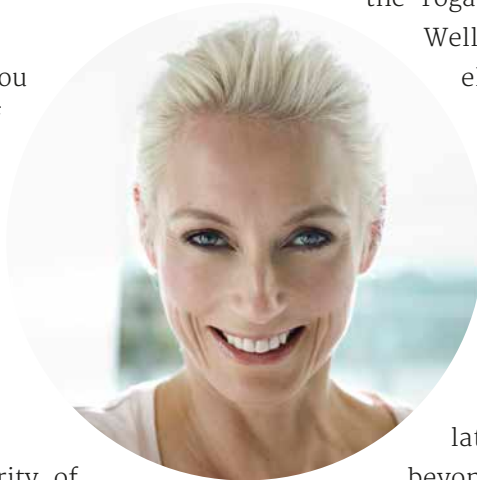


RECHARGE YOUR LIFE

Patricia Thielemann invites you to come to the “Aleenta“ and “*akyra* Luxury Beach Resorts“, and to dive deeply into the practice of Spirit Yoga. Guided by the theme: “Recharge Your Life“, these retreats in paradise will give your batteries the fresh power you need, in carefree luxury.

These unique yoga retreats 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 Europe’s most well-renowned modern-yoga masters in the comfort of two luxurious and exclusive 5-star hotels.

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.“

You have a choice of accommodations: the exclusive „Aleenta Boutique Luxury Beach Resort & Spa“, where the Yoga Classes take place and the “Ayurah Wellness Centre“ is located. 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.

Or stay at the stylish and newly-renovated “*akyra* Beach Club“ along the beach, where the the immaculate, endless white sands extend beyond the senses. Enjoy the best that Thailand has to offer, far away from bustling tourism, in a nurturing atmosphere of aesthetic excellence and pleasure.

A dream come true! Come to Thailand with Spirit Yoga.

PARADISE
ON EARTH ...





“Aleenta“ and “*akyra* Beach Club“ are set on the pristine white sandy Natai Beach of Natai Beach in Phang Nga, north of Phuket. Far from the bustle of everyday life, guests become entranced by scenic views and the natural beauty, as the “Aleenta“ and the “*akyra* Beach Club“ harmoniously merge into the landscape.

Large, mobile walls of glass, blend with private pools and provide absolute intimacy. The famous James Bond Island (Khao Phing Kan) at Phang Nga Bay is nearby and remains a popular destination.

THE PROGRAM (DAILY OFFER)



Day 1

(January 07, March 01 und April 01)

12:00

Arrivals, and individual Consultations

16:30 to 18:30

Orientation, Introductions and Yoga class

19:00

Opening Ceremony and Group Dinner

Day 2 to 7

(08 to 13 January, 02 to 07 March and 02 to 07 April)

08:00 to 08:30

Meditation

08:00 to 10:00

Intensive Spirit Yoga practice

16:00 to 17:00

Yoga theory, philosophy and self-development

17:00 to 18:00

Spirit Yoga “Moonlight“ (restorative practice)

Day 8

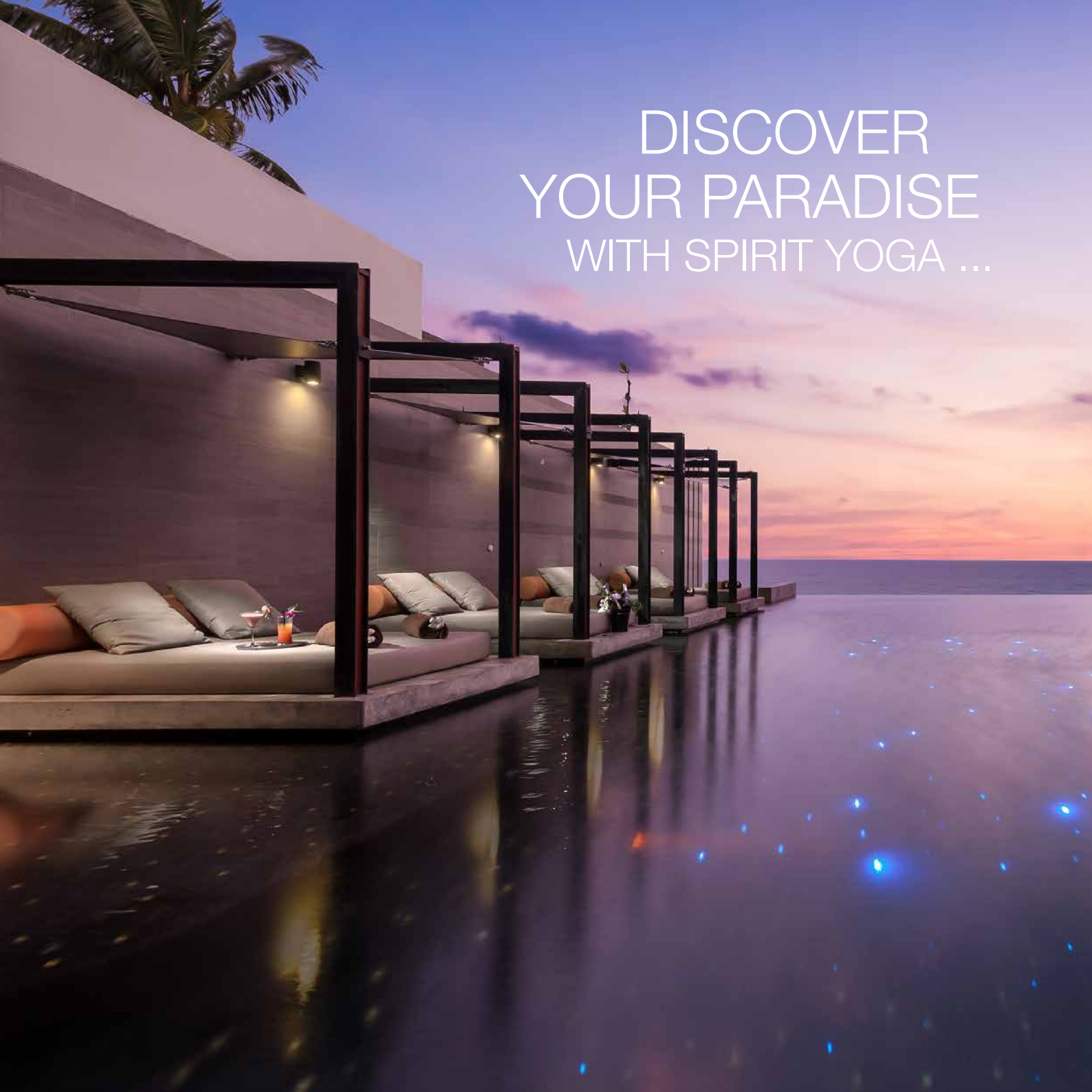
(January 14, March 08 und April 08)

Departure, and beginning of your refreshed Life.



Take in a breathtaking sunset on the azure sea, connect deeply with yourself with a quiet meditation in secluded gardens, treat yourself to the luxurious “Ayurah Wellness Centre“ at “Aleenta“ or to a freshly curated meal at one of the restaurants: visit “The Edge“ located at the beachfront for international cuisine or “The Natai” for a traditional Thai experience. The half-board menus feature high-end healthy selections that will dazzle and delight the senses.

DISCOVER
YOUR PARADISE
WITH SPIRIT YOGA ...





Each hotel hosts its own wide range of daily activities to enhance your stay.

AWARDS at Aleenta Resort & Spa

- 2016 Five-Star Winner of “Best Resort Hotel“ by WORLD’S LUXURY SPA AWARDS
- 2015 Winner of “Best Luxury Beach Resort – Thailand & LUX Spa of the Year“ by the LUX Hotel & Spa Awards



Hotel and Beach Club impressions:

www.aleenta.com/phuket and

www.theakyra.com/phuket

All information at www.spiritoyoga.de

www.spiritoyoga.de/retreats

SPORTS & RECREATION

Each morning beginning at 07:30, fresh juice, fruit, and drinks are available before meditation. The Yoga Classes take place in the Yoga Studio at “Aleenta“. It is also possible to book Private Yoga Sessions with Patricia Thielemann or with her experienced Spirit Yoga Mentor Teachers.

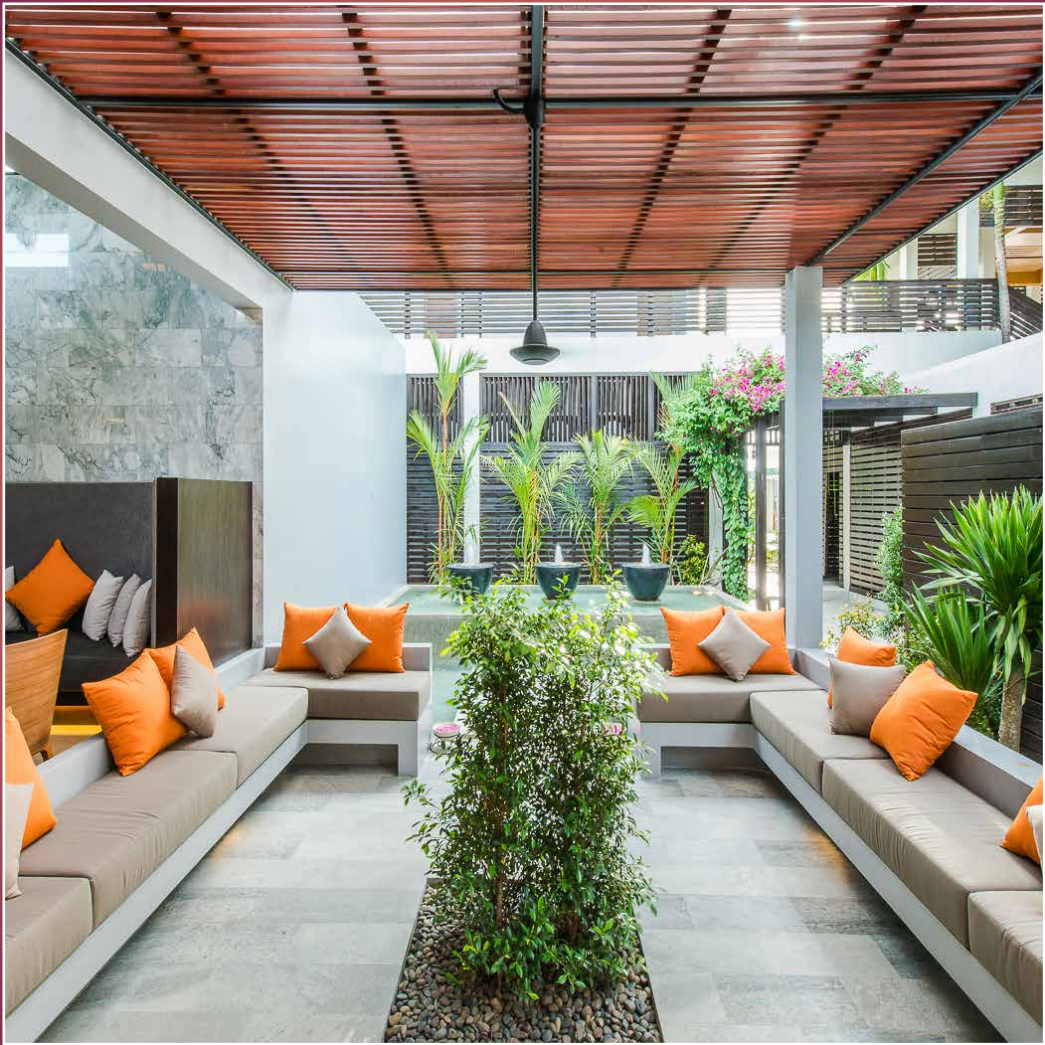


You are welcome to compliment your Spirit Yoga Practice with the many offerings the hotels provide, including sunset sailing, sports and private romantic dinners.

Families with children and partners who are not practicing yoga are also welcome. The “Ayurah Wellness Centre“ at the “Aleenta“ offers a full-line of massage treatments, including traditional Thai massages, Thai massages, top-of-the-line facial, hair and nail treatments, and the signature Vichy Shower Room.



The children can enjoy the full-programming of the “Explorers’ Club,“ which offers child-care and outdoor activities such as mountain biking, snorkeling, diving and fishing (additional fees may apply). Organized day trips are booked directly at the hotel. In addition, you have the opportunity to explore the island of Phuket and Phang Nga area on your own with the hotel’s rental cars. There are also a number of challenging local golf courses nearby.





Food and Drink

After the daily morning yoga practice, there will be a full-breakfast buffet and a la carte offerings at “The Natai Restaurant“. Specially-curated Group-dinners are arranged on the first and last nights of the retreat at the Aleenta.

“The Edge Restaurant’ serves top-quality contemporary international cuisine directly in front of the gorgeous Natai Beach. “The Natai Restaurant“ serves traditional Thai cuisine and international menu items.

Wellness drinks, snacks, and cocktails are served in a relaxed atmosphere of the Infinity Pool, Lounge Area and on the Roof-top Terrace.

Rooms and Facilities

The Aleenta offers a Grand Deluxe Pool Villa (180 m²), that features a separate living room, private pool and view-protected sun terrace. Upgraded rooms are available upon request.

In *akyra* Beach Club, choose between Deluxe Suite, Garden Villa or Sea View Villa.



Retreat Package Prices include:

- Regular Schedule includes two yoga classes a day, a daily meditation program, yoga philosophy and self-development workshops.
- Breakfast buffet (including drinks) at “Aleenta’s The Natai Restaurant“
- Dinner at the restaurant, where the rooms are booked.
- Curated Dinner Menu features a choice of vegetarian, meat or fish and one drink (alcoholic beverages can be purchased). Or you can order a la carte, and the price is offset against the cost of the fixed menu.
- Special Welcome Dinner including a special cocktail
- Special Farewell Dinner, including a special cocktail
- Two 60 minute Full-body Massages OR one Facial from Linda Meredith Skin-Care Line.
- Two “Wellness Drinks” every day, healthy drinks and snacks in the room

- Snacks and drinks before each morning practice
- Gift Bag with surprises from the “Aleenta“ and Spirit Yoga
- Shuttle service between “Aleenta“ Resort and “Akyra Beach Club“ Resort
- Exclusive airport shuttle service Phuket (return trip)

*Upgraded spa treatments are available and can be booked directly through the spa reception of the hotel.

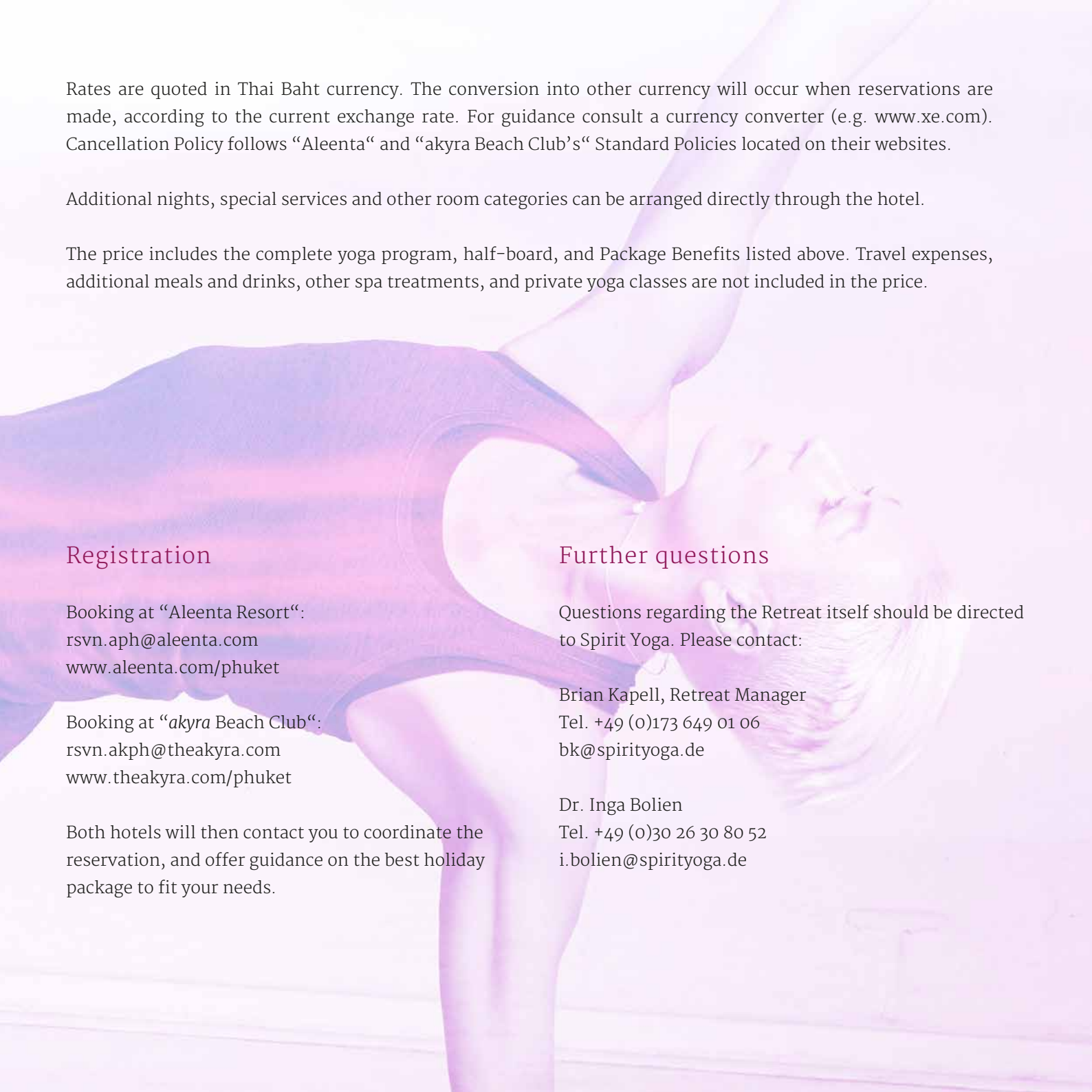
PRICES AND CONDITIONS

Aleenta Phuket

Date	7 nights / 1 person	7 nights / 2 people
Grand Deluxe Pool Villa		
07. to 14. January 2017	124,500 THB	165,000 THB
01. to 08. March 2017	124,500 THB	165,000 THB
01. to 08. April 2017	89,500 THB	130,000 THB

akyra Phuket

Date	7 nights / 1 person	7 nights / 2 people
Deluxe Suite		
07. to 14. January 2017	64,700 THB	101,400 THB
01. to 08. March 2017	64,700 THB	101,400 THB
01. to 08. April 2017	57,700 THB	94,400 THB
Garden Villa		
07. to 14. January 2017	75,200 THB	111,900 THB
01. to 08. March 2017	75,200 THB	111,900 THB
01. to 08. April 2017	64,700 THB	101,400 THB
Sea View Villa		
07. to 14. January 2017	82,200 THB	118,900 THB
01. to 08. March 2017	82,200 THB	118,900 THB
01. to 08. April 2017	71,700 THB	108,400 THB



Rates are quoted in Thai Baht currency. The conversion into other currency will occur when reservations are made, according to the current exchange rate. For guidance consult a currency converter (e.g. www.xe.com). Cancellation Policy follows “Aleenta“ and “akyra Beach Club’s“ Standard Policies located on their websites.

Additional nights, special services and other room categories can be arranged directly through the hotel.

The price includes the complete yoga program, half-board, and Package Benefits listed above. Travel expenses, additional meals and drinks, other spa treatments, and private yoga classes are not included in the price.

Registration

Booking at “Aleenta Resort“:
rsvn.aph@aleenta.com
www.aleenta.com/phuket

Booking at “akyra Beach Club“:
rsvn.akph@theakyra.com
www.theakyra.com/phuket

Both hotels will then contact you to coordinate the reservation, and offer guidance on the best holiday package to fit your needs.

Further questions

Questions regarding the Retreat itself should be directed to Spirit Yoga. Please contact:

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www.aleenta.com/phuket



www.theakyra.com/phuket



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