



# NOURISH YOUR SOUL 2.0

16-22 JUNE 2024





## Zen Sala

Our own private shala located in the Zen Village. Enjoy the garden setting and listen to the local birds and cicadas keeping the rhythm.

Yoga Mats, Blocks, Belts and Bolsters will be provided











## ACCOMMODATION



### LOTUS PAD

**Occupancy:** Single / Double

**Style:** Spacious and Relaxed

**Location:** Lotus Village

**Size:** 25 sqm

The standard lotus pads are the original room type located in the center of Vikasa. They've been recently updated to provide a standard level of comfort. They have mixed views, and sometimes have a balcony as well. They are standard, yet spacious and comfortable.



**PRANA CABANA+**  
**Occupancy: Single / Double**  
**Style: Modern Zen**  
**Location: Prana Village**  
**Size: 25-30 Sqm**

Prana Cabanas+ are near our private beach and offer a range of standard quality rooms in freestanding structures, some with balconies overlooking the beach. They have sea views, modern comforts and offer privacy in nature.



## ACCOMMODATION







\*sample of schedule

## DAILY SCHEDULE



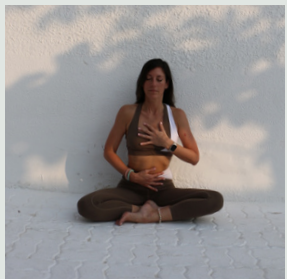
07:30 - Morning Energising Practice with  
09:30 Breathing & Meditation



09:30 - Delicious Healthy Brunch at Vikasa  
11:00 Life Cafe



11:30 -  
16:30 Restore, Relax, Recharge



16:30 - Evening Restorative Practice or  
18:15 Workshop



18:30 -  
20:30 Healthy Dinner at Vikasa Life Cafe





## OTHER ACTIVITIES INCLUDED

Vikasa Bliss Spa  
Thai 90 min massage



Waterfall Hiking  
and Swimming



Sound Healing

Beach Bonfire  
And more...





# Meet Your Teacher: Estefa

Estefa's passion for hosting yoga and meditation retreats in various parts of the world is truly inspiring. Through her retreats in Croatia, Sri Lanka, Thailand and Dubai, she has been providing a unique opportunity for individuals to deepen their practice and experience transformative changes in their mental and physical well-being.



Nourish Your Soul is a holistic retreat, everything has been curated to ensure your body, mind and soul get the most out of it.

With Estefa's guidance, participants are able to explore different yoga and meditation practices, learn new techniques, and gain a deeper understanding of themselves.



# PACKAGE DETAILS

## INCLUDED IN THE PACKAGE :

All yoga classes and workshops  
1x 90 min massage at Bliss Spa  
Waterfall hiking with a guide  
1x Sound Healing  
Free Access to Sky Gym Facility  
Beach Bonfire ceremony  
Airport pick up and drop off  
Daily Brunch and Dinner at Vikasa Life Cafe

## NOT INCLUDED IN THE PACKAGE :

Airplane tickets  
Visa or insurance if required  
Any meal or drink outside of the above mentioned





## REGULAR PRICE

Room type : LOTUS PAD

Garden View, or partial Ocean view

Double 5,100 dhs pp

Single 6,600 dhs pp

Room type : PRANA CABANA +

Ocean view, recently renovated and slightly larger than

Lotus Pad rooms

Double 5,600 dhs pp

Single 7,400 dhs pp

## RESERVE YOUR SPOT NOW

Your spot will be confirmed once 100% of the payment is made.

Cancellation policy 100% refund until 16th March 2024 midnight.

Payment plans available.

I reserve the right of admission.





## WHERE IS VIKASA LOCATED ?

Vikasa is located on Koh Samui, an island in the Gulf of Thailand. It's a 20 min drive from Koh Samui international airport.

## HOW DO I GET TO VIKASA ?

There are daily flights into Koh Samui from Bangkok, Phuket, Kuala Lumpur or Singapore. Airport pick up will be arranged and also drop off.

## DO I NEED A VISA ?

This will depend on where you are from. Check this link for more info : <https://www.guideconsultants.com/all-passports/thailand-passport-visa-free-countries-list/>

## WHEN DOES THE RETREAT START AND END?

The retreat start date is 16 June at 4.30pm and retreat end date 22 June 10.30am.

Please try to arrive as early as possible on the check-in date and leave as late as possible on the check-out date but don't worry if this is not possible as there will be only minimal content on these days.

## WHAT IS THE TYPE OF FOOD ?

Vikasa serves a wide variety of food styles to suit different dietary needs; we offer vegan-friendly, international, fusion, western, raw and non-vegetarian dishes.

## AM I QUALIFIED TO PARTICIPATE?

This retreat is suitable for practitioners of all levels.