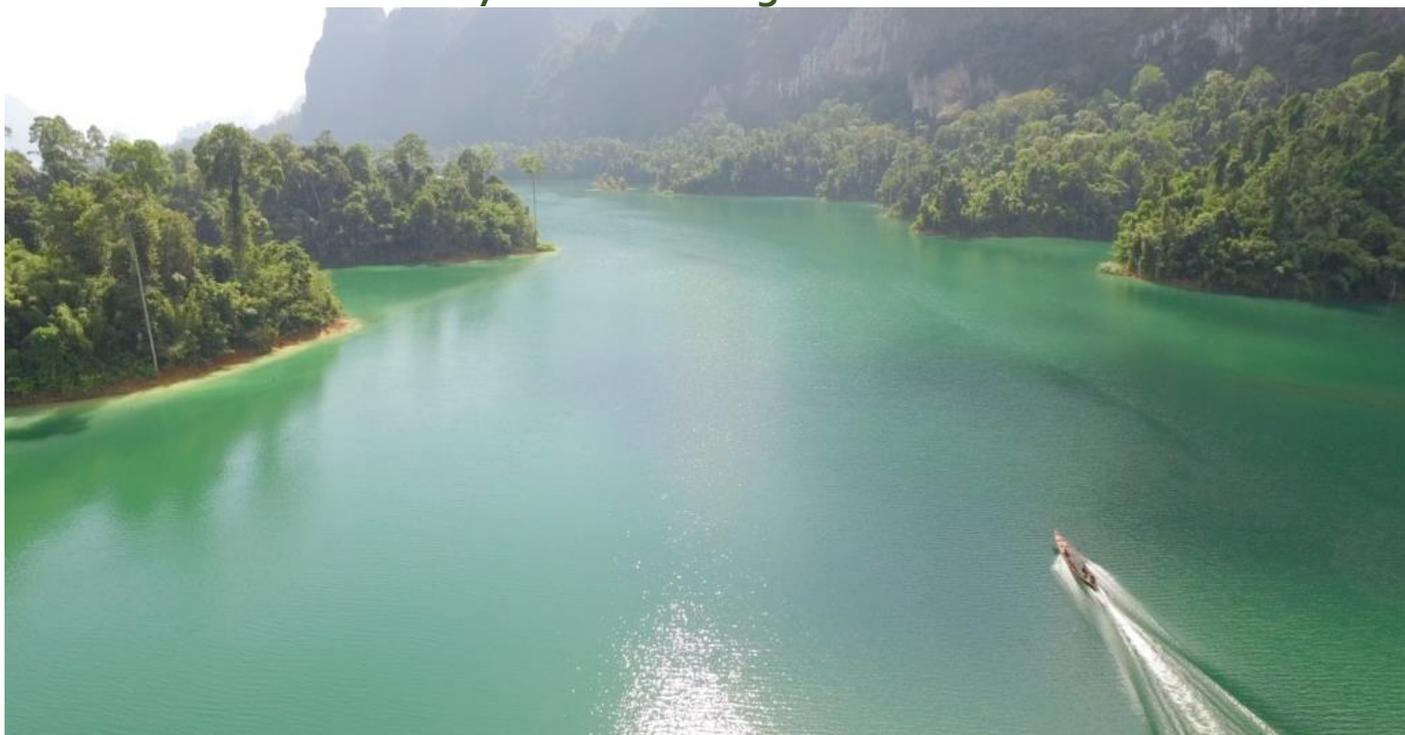


RETURN TO THE JUNGLE

Johnny & Kristin's Yoga Retreat 2020



30th March – 6th April

Jungle Yoga, Khao Sok National Park, THAILAND



1st 15 yogis discounted to £850

Full price £950

7 nights full board, daily yoga tuition, airport transfers, jungle treks, unlimited lake swims and gibbon calls
does not include flights or travel insurance

Johnny and Kristin will be teaching the Bikram Series, Five Tibetans, Pranayama and Yoga Nidra with a mindful approach and attention to detail



TO RESERVE YOUR JUNGALOW:

Please contact Johnny to register your interest: johnny@hotyoga.co.uk

Payments can be made directly to J Ward 10292659 60-17-31

(a receipt for which will be issued immediately)

Cancellations will be granted up to 31st December 2019, with a cancellation fee of £250.

(We have a minimum commitment to the venue so we simply need to protect ourselves from late cancellations.)

ABOUT KHAO SOK NATIONAL PARK

This is our favourite place in the world... there really is no better place for yoga practice, meditation and being with nature and wildlife. The energy of the jungle is always magical, healing and re-energising!

Khao Sok National Park is part of the oldest evergreen rainforest in the world. It is covered by lush jungle, rivers and valleys, giant limestone karst formations with a number of caves, and lakes and lagoons. Jungle Yoga is located at Praitwan Raft House on Cheow Lan Lake, which is the largest of the three lakes. Everything, including our accommodation and yoga sala, are floating rafts. The lake is warm, clean, safe and very, very still. The immediate surroundings are primary rainforest and breathtaking karsts. There is a thriving and diverse ecosystem, including threatened, vulnerable and endangered species that have been lost in many other parts of the world. Gibbons, langurs, hornbills and eagles are "common", and there were multiple sightings of the very much rarer Asian elephant during the 2019 season!!

ACCOMMODATIONS



Yogis stay in "jungalows", which are bungalow huts floating on the lake and connected by floating walkways. Each jungalow has a double bed with mosquito net (which mostly remain unused), desk and bedside storage, and small front decks (some also have back decks)+ with hammock and/or cushions – perfect for cliff and lake views and wildlife watching. All yogis are provided with sheets, pillows, blankets and towels.

Some jungalows are ensuite, others share a nicely kitted-out shower and toilet block. Many yogis prefer to bathe in the lake just outside of their jungalow.

FOOD

Praiwan Rafthouse is well known as having the most delicious food on the lake (it is exceptional!). The owners, Wan and Dacho, are great cooks and always prepare the freshest and tastiest Thai food for our retreats using healthy and often locally sourced ingredients. Traditional Thai food is served for breakfast, lunch and dinner. All meals are mainly vegan/vegetarian, although fish from the lake is usually served as an option at dinner. (Please let us know if you have any other dietary restrictions in advance.)

OTHER

Jungle Yoga truly is in the middle of nowhere, deep in the rainforest. Expect daytime temperatures anywhere between 25-35°C, and nighttime lows of 20-24°C. Some rainfall is likely given that we are in the rainforest, although the main Monsoon season does not usually begin until end of May. Expect a lot of sun! Mosquitos are not active at Jungle Yoga and there is no malaria in the area.

Be prepared to leave all outside communications behind once we reach the lake. While there are parts of the lake that can sometimes receive reception, there is no guaranteed mobile reception in the jungle, and there is no wifi. We can provide an emergency contact number for yogis to give to family members in case something arises and emergency messages will be delivered to us.



Many yogis tend to keep to the hours of the jungle, with sunrise at 6am and sunset at 6pm, roughly. We practice 'quiet time' from sunrise until breakfast (usually 8am). This is not strict silence, but it is a time when conversations are kept to a minimum and at whisper level. This is the time of day that the jungle is coming to life, and it is the best time to see gibbon and other rare species. The quieter we are at this time,

the closer the animals will come to us. Beyond 'quiet time', prepare to be a part of nature... rather than bringing the city to the jungle, become a part of the jungle.

There is time throughout the day for kayaking and wildlife excursions, swimming, sunning, yoga or meditation self-practice, massage, reading, hanging out with yoga buddies, or simply sitting from the comfort of your hammock and taking in the jungle energy. It is called the fine art of doing nothing, and this is the best place in the world to practice the skill! Let the sound of the cicadas guide you....

There is a traditional Thai massage therapist on site and yogis will have the opportunity to schedule in treatments during the retreat at a very reasonable rate (around £15/hr?).



Dick and Beth, the owners of Jungle Yoga, have lived in Thailand for over 30 years (on the lake for much of that time) and know the jungle well. Khun Dick will lead one half-day excursion as a group, and for the more adventurous he will happily take you on more jungle treks, which can be arranged once we are there.

INCLUSIONS AND EXCLUSIONS

Payment includes car and boat group transfers from Surat Thani Airport to the lake, and the group return transfer to the airport; Seven nights private bungalow accommodation at Praiswan Rafthouse, all meals (although all yogis are responsible for their own drinks and snacks tab), all yoga instruction, kayak use, jungle treks and a bundle of unforgettable memories.

Cost does not include flights or travel insurance.

www.jungleyoga.com

www.hotyoga.co.uk