

**Aleenta Resort & Spa
Phuket-Phang-nga**

Yoga Rejuvenation Retreat



Yoga has been used as a tool to rejuvenate the human body through the ages. Yoga asana is able to give the best organic vigor to the entire body. The centuries-old Eastern practice can be performed at Aleenta Phuket under the watchful instruction of a personal and qualified instructor in private or as a group.

Package includes:

- 6 days / 5 nights in a luxury suite
- Refreshing welcome cocktail upon arrival
- Theoretical and practical yoga sessions daily at sunrise and sunset including breathing practices, meditation and chanting with our Resident Yoga Master.
- 3 meals from the Well Being Cuisine per day using all organic ingredients
- 2 daily healthy fruit juices

1 November 09 – 31 March 10

Ocean View Loft:	85,700
Beachfront Suite:	89,000
Pool Suite:	113,300
Pool Villa:	122,600
1 Bedroom Pool Residence	126,900

- Rates are in Thai Baht and subject to 10% service charge and 7% VAT.
- Not valid during stays from 18 December 2009 until 9 January 2010
- Note: Room & Breakfast is based on 2 persons; the Yoga Program is based on 1 person. (Extra Yoga person 33,500)



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A rewarding life...