

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.

3 days Package:

- Personal meeting/consultation with the Yoga teacher
- Two times a 60 minute Yoga Session daily (6 sessions total)
- Daily Spa Lunch (3 lunches total)
- Daily session of a 60 minute Spa Treatment (3 sessions total)
- Daily Spa Dinner (3 dinners total)

Price: THB 24,700 ++ per package per person

5 days Package:

- Personal meeting/consultation with the Yoga teacher
- Two times a 60 minute Yoga Session daily (10 sessions total)
- Daily Spa Lunch (5 lunches total)
- Daily session of a 60 minute Spa Treatment daily (5 sessions total)
- Daily Spa Dinner (5 dinners total)

Price: THB 41,200 ++ per package per person

7 days Package:

- Personal meeting/consultation with the Yoga teacher
- Two times a 60 minute Yoga Session daily (14 sessions total)
- Daily Spa Lunch (7 lunches total)
- Daily session of a 60 minute Spa Treatment daily (7 sessions total)
- Daily Spa Dinner (7 dinners total)

Price: THB 57,700 ++ per package per person

* Rates are in Thai Baht and subject to service charge 10% service charge and 7% VAT.

* Package price is per person per total package and is exclusive of accommodation

* Prices are valid from 1 November 2011 until 31 December 2012



Aleenta Resort & Spa
3 Soi Ladpraw 95, Ladpraw Rd
Wangthonglang, Bangkok, 10310
Tel: +66 2 514 8112 Fax: +66 2 539 4373
www.aleenta.com reservation@aleenta.com

A rewarding life...