

Laos Yoga + Meditation Retreat

Hosted by Sheldon Grant Leon of Byron Bay, Australia

**SPECIAL OFFER: FREE EXTRA Night at the Zen NamKhan Resort + Breakfast
COMPLIMENTARY Massage + Japanese Spa book by 31/7/11**



11 days / 10 nights



9th – 19th Oct 2011



From \$299 twin share



General yoga level

Yoga, meditation, relaxation, fresh local food, exotic location and new friends... sound like YOUR kind of holiday?

This yoga and meditation is very special as it is the only one of its kind in Laos. Now in its 2nd year, Byron Bay yoga teacher, Sheldon Grant Leon of Joyous Journeys and Laos travel specialist, Ange Kent of Inner Journey Expeditions invites you to explore your practice of yoga, discover the simplicity of Lao culture and rest and rejuvenate at the Zen NamKhan Resort located on the banks of the Khan River in Luang Prabang, Northern Laos.

What a past guest said about our 2010 Yoga Retreat in Laos

The trip exceeded my expectations. It certainly was a joyous journey. The laughter and friendship from the group was lovely and something to treasure. The meditation and the yoga have left me with peace and calm.
Gabrielle Demirdjian, Melbourne, Australia

Sheldon Grant Leon of Joyous Journeys

Sheldon Grant Leon has spent his whole life teaching people to create the skills necessary to live happy, healthy, adventurous and loving lives without preconceived limitation. He says it's a choice: To live life to the fullest or let others dictate life to you. Sheldon has found that his original style of yoga, meditation, positivity and caring guidance he calls 'Joyous Journeys' gives incredible inspiration and joy to all his students. Over 11 days this unique retreat covers a combination of yoga practices, introduction to Qi Gong, meditation and yoga and Buddhist philosophy.

Retreat Program

Our retreats are suitable for people of all levels from beginner's right through to experienced practitioners. The schedule is flexible and planned to maximise your experience of yoga whilst allowing free time to explore the surrounding area and engage with the local culture. Guests need to arrive by 9th October to settle into their accommodation – feedback from last year recommends even arriving a day earlier (8th October) to totally unwind before the retreat starts – book by 31/7/11 and receive this extra free of charge + a Massage and Japanese Spa.

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| Sun 9th October | Arrive Luang Prabang, welcome dinner at Resort. |
| Mon 10th October | Morning meditation/yoga. Free time or advanced yoga class. |
| Tue 11th October | Morning meditation/yoga. Boat trip to Waterfalls. |
| Wed 12th October | Morning meditation/yoga. Elephant ride and village. |
| Thu 13th October | Morning meditation/yoga. Free time or advanced yoga class. |
| Fri 14th October | Morning meditation/yoga. Luang Prabang night markets, Royal Ballet and dinner. |
| Sat 15th October | Morning meditation/yoga. Free time or advanced yoga class. |
| Sun 16th October | Morning meditation/yoga. Silk scarf dying workshop, dinner in Luang Prabang. |
| Mon 17th October | Morning meditation/yoga. Sheldon's Tea Ceremony, Buddhist/yoga philosophy. |
| Tue 18th October | Morning meditation/yoga. Traditional Lao ceremony, cooking demo, farewell dinner. |
| Wed 19th October | Morning meditation/yoga. Free time. Depart Luang Prabang. |

Location

Thirty minutes from Luang Prabang, Northern Laos in a quiet secluded area on the Khan River, the Zen NamKhan is a peaceful resort set in tropical gardens. The resort has a chlorine-free pool and Japanese hot bath and massage. All rooms come with tea and coffee making facilities, complimentary toiletries, hair dryer, bathrobe, slippers and mini bar. Internet Wifi is available from the communal living room. Rooms can be arranged for single accommodation, twin rooms for two friends or two guests willing to share and couples joining us on the retreat. Food at Zen NamKhan Resort is Lao flavoured, tasty, not too spicy and caters to vegetarians and gluten free diets. Meals are served with an emphasis on organic herbs and vegetables freshly picked from the Resort's garden. All meals at the resort are included.

Cost in \$AUD:

Room Type	Price Per Person
Forest Bungalow Room	
Twin Share/Couples Room	2999
Single Room	3499
River Villa Bungalow	
Twin Share/ Couples Room	3299
Single Room	3899
Garden Villa Bungalow	
Triple Share	3299

Included

- ✓ Yoga, meditation and workshops as outlined in the itinerary with Sheldon Grant Leon
- ✓ 10 nights' accommodation at the Zen NamKhan Resort
- ✓ 10 Breakfasts; 7 Lunches; 7 Dinners
- ✓ Return airport transfers
- ✓ Luang Prabang transfers to included activities
- ✓ Elephant ride Elephant Village visit
- ✓ Silk dying textile workshop
- ✓ Lao cooking demonstration at the Resort
- ✓ Royal Ballet performance in Luang Prabang
- ✓ Boat trip to waterfall
- ✓ Lao government taxes and service fee

Excluded

- ✗ International + domestic airfares and departure taxes
- ✗ Travel insurance (compulsory)
- ✗ Visa entry stamp at usd\$30 per person
- ✗ Passport or vaccination costs
- ✗ Other meals not specified in the itinerary
- ✗ Personal expenses such as optional activities, laundry, telephone calls, bar charges, tips

Stay another night or two

Extend your stay at the Zen NamKhan Resort for only AUD\$95 per night with breakfast for a Superior Room and AUD\$130 for a Deluxe Bungalow.

Getting there by plane

Luang Prabang, Laos is a two hour flight from Bangkok, Thailand, one hour from Hanoi, Vietnam and two hours from Siem Reap, Cambodia. Bangkok Airways, Lao Airlines and Vietnam Airlines fly to Luang Prabang daily. Please make your own arrangements to Laos; you can book flights either directly with the airlines or with your local travel agent.

Deposit: AUD \$900 non refundable deposit is required to secure a placement on this tour.

Full payment: The balance of payment is due 19 August 2011.

Payment options: Payments are to be made to Inner Journey Expeditions by internet bank transfers or cheque. Credit card payments are made via PayPal (no fees incurred for this tour). PayPal accepts Visa and MasterCard.

Booking conditions: Go to www.ije.com.au for more details.

Book with Inner Journey Expeditions

Bookings are made through Ange Kent, at Inner Journey Expeditions. Additional hotel nights and private touring in Vietnam, Laos or Cambodia at the beginning or end of your retreat can also be arranged:

Phone: 1300 431 069 (cost of a local call for Australians)

Email: Ange at: info@ije.com.au

Website: www.ije.com.au

