

OUR PROGRAM:

Part 1: *Opening Our Eyes*



Day 1

Arrive and Settle In.
Opening Ceremony.: Air Element
Restorative Yin Yoga
Dinner
Relaxing Massage



Day 2

Morning Yoga and Meditation
Elephant Sanctuary
Dinner & Apsara Show



Day 3

Morning Yoga & Cacao Ceremony: Earth Element
Hike Kulen Mountain Waterfall Blessings
Swim in the waterfall from Ancient ruins



Day 4

Sunrise at Angkor Wat
Explore Ancient Temples with a local guide
Buddhist Metta Meditation on ancient grounds

OUR PROGRAM:

Part 2: *Opening Our Hearts*



Day 5

Fly to Phnom Penh
Killing Fields
Travel to Kampot
Riverfront Dinner
Restorative Yin Yoga (in pajamas)



Day 6

Morning Power Yoga
Visit to Red Road Foundation
Volunteering time with the kids



Day 7

Hatha Yoga and Chanting Meditation
Making Natural Beauty Products on the Farm
Human Design & Ikigai



Day 8

Morning Yoga
Secret Sanctuary Spa
Individual Treatments
Fire Ceremony & Shamanic Breathwork



OUR PROGRAM:

Part 3: *Opening Our Hearts*



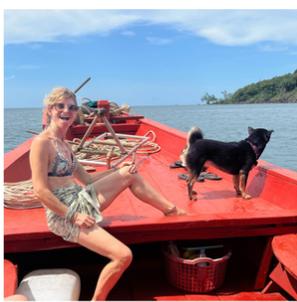
Day 9

Morning Yoga & Breathwork
Travel to Koh Rong Sanloem Island
Sunset Dinner
Yin Yoga: Heart Openers



Day 10

Morning Yoga on the beach
Individualized Coaching & Healing sessions
Swim with Glowing Plankton
Stargazing Circle



Day 11

Yoga at Sunrise
Self-love photo shoots
Jungle Walk Meditation
Closing Ceremony



Day 12

Morning yoga & breathwork
Breakfast
Departures



OUR PROGRAM:

Part 4: *Opening to Self*

Extended Immersion (Recommended) **Day 13, 14 & 15**

Option 1: Nature - Lover

Boat Ride to Jungle Eco-Resort to stay with an incredible local family

Includes all meals (fresh & organic)

Things to do: Swim, hike the jungle to massive waterfalls, boat rides, kayak, paddle-board, float on the river, relax on your patio with the sounds of the jungle, and let your spirit fully integrate everything you have learned during this experience.

Option 2: City - Lover

Stay in a luxury oasis in inner city Phnom Penh.

Breakfast included.

Relax by the pool, eat incredible food, shop (we have a list of recommendations!), visit historical sites, get pampered, and enjoy everything this “perfectly sized” and safe and friendly city has to offer.