

# POWER WITHIN

## 8 DAY YOGA RETREAT WITH ANNERIEK



**8 - 16 June 2019**

The Sanctuary Thailand, Koh Phangan Island, Thailand

**From \$1,580**

(includes all activities, meals and 8 nights accomodation)

[www.yoga4you.com.au](http://www.yoga4you.com.au)

**Location:**

The Sanctuary Thailand – is a unique beachfront resort located on the small, beautiful tropical island of Koh Phangan in the Gulf of Thailand, a sister island to Koh Samui. It is nestled into the corner of Haad Tien Beach.

**Anneriek:**

Anneriek, with 18 years of experience in many yoga disciplines, has an unique ability to teach challenging practices in a light hearted and joyful way. She is very passionate about yoga and loves to share her knowledge to help create healthy bodies, peaceful minds and awareness in living.

**Program:**

The purpose of yoga can be described as "that which is to cultivate stillness in the mind". In this space of clarity we begin to find our inner power, that special voice that reminds us of our purpose. The internal compass that allows us to traverse through the landscape of life with a certain quality of confidence, ease, and resilience. Finding this space is worthy of our journey but along the path in very simple terms 'life gets in the way'.

With the intention to share what works for me, we'll be exploring how to connect to our inner power in order to find more ease and resilience in our day to day lives.

***You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was." ~ Anthon St. Maarten***

This 8 day retreat includes:

- Morning moving meditation,
- Yoga sessions (flow and yin),
- Theme related activities (often on the beach),
- Evening session with yin yoga or self care activities,
- A 1 hour traditional Thai massage,
- Plenty of time to relax,
- 8 nights accomodation in a unique location,
- Beautiful vegetarian meals.

**This retreat is suitable for all levels, some yoga experience is recommended.**

**Prices:**

- Single from \$1,940
- Twin share: \$1,580
- Triple share from \$1,580

Look on the website for more details: [www.yoga4you.com.au](http://www.yoga4you.com.au)

Numbers are limited. A \$300 deposit is required to secure your spot.

Price includes: Multiple daily yoga sessions, morning moving meditation, afternoon/evening theme related activities, 8 nights in unique accomodation, Delicious vegetarian breakfast, lunch and dinner, 1 traditional Thai massage, yoga studio and retreat facilities.

**More info and booking: [www.yoga4you.com.au](http://www.yoga4you.com.au)**

