



## 6 Nights / 7 Days Inner Peace Yoga Retreat Phuket, Thailand

### About this retreat

Escape to the tropical paradise of Phuket, Thailand, for a 6 Nights / 7 Days Inner Peace Yoga Retreat designed to restore balance and inner harmony. Through daily yoga, meditation, pranayama, sound healing, and mindfulness practices, you'll release stress, reconnect with yourself, and cultivate lasting well-being. Combined with nourishing meals, peaceful accommodation, and the calming beauty of nature, this retreat offers the perfect opportunity to relax, recharge, and return home feeling refreshed, centered, and renewed.

### Retreat highlights

- 6 Nights / 7 Days in Beautiful Phuket, Thailand
- Daily Yoga & Meditation Sessions
- Pranayama & Breathwork Practices
- Mindfulness & Inner Peace Workshops
- Sound Healing & Deep Relaxation
- Guided Yoga Nidra Sessions
- Beach Meditation & Nature Walks
- Healthy, Nourishing Vegetarian Meals
- Comfortable Boutique Accommodation
- Small Group Experience
- Free Time to Explore Phuket
- Reconnect, Recharge & Return Home Renewed





## Day 1 – Arrival & Grounding

**14:00 – 16:00** Check-in & Welcome Refreshments

**16:30 – 17:30** Opening Circle & Retreat Orientation

**17:30 – 18:45** Gentle Hatha Yoga & Breath Awareness

**19:00 – 20:00** Healthy Vegetarian Dinner

**20:15 – 20:45** Guided Meditation for Relaxation

**21:00** Noble Silence & Rest

## Day 2 – Awaken the Body

**07:00 – 08:30** Sunrise Hatha Yoga

**06:30** Herbal Tea

**08:30 – 09:00** Pranayama & Meditation

**09:00 – 10:00** Healthy Breakfast

**10:30 – 11:30** Yoga Philosophy and Yoga Anatomy

**11:30 – 16:00** Free Time / Beach / Swimming / Relaxation

**16:30 – 17:45** Yin Yoga & Deep Stretch

**18:00 – 18:30** Yoga Nidra

**19:00** Dinner



# Day 3 – Cultivating Mindfulness

**06:30** Herbal Tea

**07:00 – 08:30** Vinyasa Flow Yoga

**08:30 – 09:00** Nadi Shodhana & Meditation

**09:00** Breakfast

**10:30 – 11:30** Yoga Philosophy and Yoga Anatomy

**11:30 – 16:00** Nature Walk / Beach Relaxation

**16:30 – 17:45** Restorative Yoga

**18:00 – 18:30** Loving-Kindness Meditation

**19:00** Dinner



# Day 4 – Healing from Within

**06:30** Herbal Tea

**07:00 – 08:30** Hatha Yoga for Energy Balance

**08:30 – 09:00** Pranayama

**09:00** Breakfast

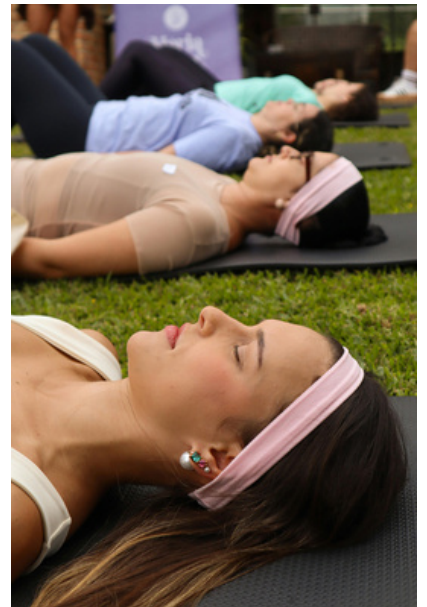
**10:30 – 11:45** Sound Healing & Deep Relaxation

**12:00 – 16:00** Free Time / Optional Island Exploration

**16:30 – 17:45** Yoga Philosophy and Yoga Anatomy

**18:00 – 18:30** Chakra Meditation

**19:00** Dinner



# Day 5 – Self-Discovery

**06:30** Herbal Tea

**07:00 – 08:30** Beach Yoga at Sunrise

**08:30 – 09:00** Meditation

**09:00** Breakfast



**10:30 – 11:30** Yoga Philosophy and Yoga Anatomy

**11:30 – 16:00** Leisure Time

**16:30 – 17:45** Partner Stretch & Relaxation Yoga

**18:00 – 18:30** Silent Meditation

**19:00** Dinner

## Day 6 – Integration & Renewal

**06:30** Herbal Tea

**07:00 – 08:30** Integrated Yoga Practice

**08:30 – 09:00** Advanced Pranayama & Meditation

**09:00** Breakfast

**10:30 – 11:30** Yoga Philosophy and Yoga Anatomy

**11:30 – 16:00** Beach / Massage / Relaxation

**16:30 – 18:00** Sunset Yoga & Yoga Nidra

**19:00** Farewell Dinner

**20:00 – 21:00** Closing Circle & Gratitude Ceremony

## Day 7 – Departure

**06:30** Herbal Tea

**07:00 – 08:00** Gentle Morning Yoga & Meditation

**08:00 – 09:00** Breakfast

**09:30 – 10:00** Closing Blessing

**10:00 – 11:00** Check-out & Departure



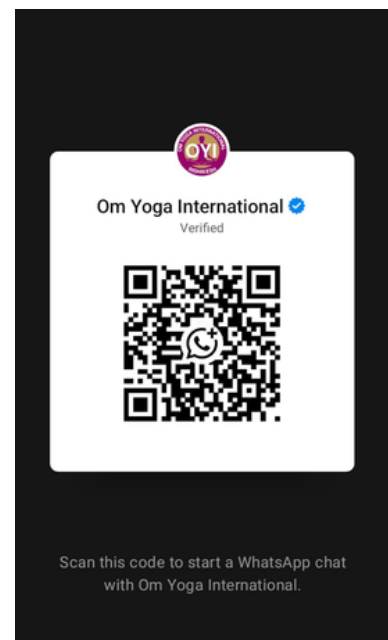
# Daily Practices Included

Sunrise Yoga  
Hatha, Vinyasa, Yin & Restorative Yoga  
Guided Meditation  
Pranayama  
Yoga Nidra  
Mindfulness Practices  
Sound Healing Session  
Yoga Philosophy and Yoga Anatomy  
Beach Yoga Experience  
Self-Reflection & Journaling  
Healthy Vegetarian Meals  
Time for Rest, Nature & Personal Exploration



## WHAT IS INCLUDED?

- 6 Nights 7 Days Comfortable Accommodation
- Daily Yoga & Meditation Sessions
- Pranayama & Breathwork Practices
- Sound Healing & Yoga Nidra
- Mindfulness & Relaxation Sessions
- Healthy Vegetarian Breakfast & Dinner
- Herbal Tea & Refreshments
- Welcome Drink on Arrival
- Daily Wellness Activities
- Study Materials (if applicable)
- Free Time to Explore Phuket
- Complimentary Wi-Fi)
- Support from Experienced Yoga Teachers



## Contact & Registration

### Om Yoga International, Rishikesh

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