

CLASSIC YOGA

3D2N YOGA & SELF CARE RETREAT

HARRIS RESORT BARELANG @ BATAM
26 - 28 OCTOBER 2019

RECHARGE. REJUVENATE. LOVE

Feeling tired or out of balance, or the world does not seem to be slowing down around you? Or just simply looking for a short getaway with your loved ones? Join us on this self-care retreat to nourish your body, mind and soul.



WHAT'S INCLUDED



taking
care
of oneself
in a world

where
overexhaustion
is romanticized

takes
courage.

-juansen dizon

3D2N stay @ Harris Resort Barelang

2 x Breakfast

1 x Asian-style dinner

4 x yoga Sessions

\$60 F&B Credits

2-way ferry from SIN - Batam

Complimentary 45min massage

Land transfers from ferry terminal to resort





RETREAT SCHEDULE

Day 1

1100 Arrival at Resort
Check In
1200 Lunch @ Cafe
1300 Free & Easy
1400 Check In
1630 Sunset Yoga
1800 Rest
1900 Dinner @ Cafe
2000 Free & Easy /
Movie Night

Day 2

0700 Sunrise Yoga
0815 Rest
0900 Breakfast
1100 Workshop
1215 Lunch @ Cafe
1315 Free & Easy
1630 Sunset Yoga
1800 Rest
1900 Asian Dinner @
Barelang Seafood
2000 Free & Easy /
Movie Night

Day 3

0700 Sunrise Yoga
0815 Rest
0900 Breakfast
1200 Check Out
1300 Shuttle to Ferry
Terminal



LEAD TRAINERS

KIM TAY



Kim found calmness and peace in her hectic everyday life by simply devoting that one hour of practice for her mind, heart and body. She firmly believes that yoga is for everyone, and that one just needs to find the right style and teacher to guide him/her through the yoga journey. With patience and practice, all will come in place. Kim is a 200hrs certified Hatha Vinyasa Yoga Teacher and Pre/Post Natal certified Yoga Teacher.

MICHELLE MAH



After a few years of burnout, denial and emotional eating, Michelle started placing more importance on self-care, mental wellness, and nourishing her heart space. Every yoga or mindfulness class is different yet compassionate, with the intention of making each activity simple & accessible, regardless of age or ability. She believes in the importance of proper breathing techniques, secular mindfulness and meditation and is currently pursuing further training in this field to help make the world a better place.

INVESTMENT

Early Bird
(Before 31 July 2019)
SGD460

Regular Price
(1 Aug 2019 onwards)
SGD550

** (Above rates are based on twin-sharing & per person)
For single room, please contact us for quote



Sign up as a pair & get **\$50** off package price each!





TERMS & CONDITIONS

Package rates are subject to changes and availability after 1 October 2019

Non-refundable 50% deposit required upon booking

Remaining 50% is payable by 1 September 2019

Kindly indicate twin or queen bed upon confirmation

Additional charges apply for special meal requests

Indemnity form must be completed prior to trip

Participants are recommended to purchase their own travel insurance



For more details, please visit our website at www.classicyoga.sg
You may also call us at +65 9115 3113
or email enquiry@classicyoga.sg