

Jungle Yoga & Meditation Retreat

at Khao Sok Silver Cliff Resort



Welcome to Silver Cliff Resort, an oasis of tranquility in the heart of Khao Sok National Park

Surrounded by the unspoilt jungle and wilderness of Khao Sok National Park, Silver Cliff Resort is a perfect place for you to leave the stress of the present days behind and focus on your own personal development, while exploring the best of what Khao Sok has to offer.



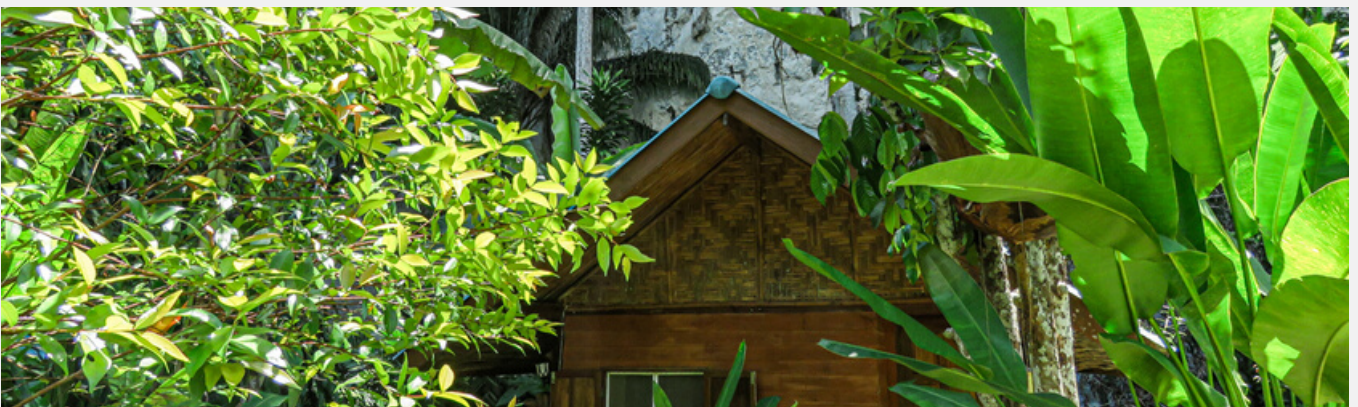
At our resort, we strive to be eco-friendly, sustainable and community focused, embracing and living with the nature of this amazing place. During these difficult times, we have decided to reach out to the large community of foreigners and Thais whose holiday plans have been interrupted and are, therefore, remaining in Thailand. Silver Cliff Resort is opening its doors in June, July and August for yoga and meditation retreats. We will guide you on your journey to better physical and mental well-being, strength and fitness, in order to carry you into a new phase of your life.

– Karen Spackman, Resort Manager

ACCOMMODATION

Authentic and comfortable Thai style bungalows nestled in an immersive tropical rainforest, that is Khao Sok Silver Cliff Resort. With astonishing limestone cliffs towering above and river peacefully flowing around our resort, every bungalow has an amazing view in all directions. You can take a peaceful walk through our gardens, enjoy the sounds of jungle or pick seasonal fruits from the trees.

In each of our wooden, homely rooms, you will find a private bathroom with hot water shower, power cooling fan, mosquito net and comfortable double bed. Our Club House, equipped with WiFi and projector, is a perfect place to rest, spend some time with fellow travellers and enjoy the jungle views.



FOOD

During the Jungle Yoga & Meditation Retreat, you won't have to worry about your daily intake of nutritious, delicious meals and drinking water. After a morning yoga practice, you will enjoy filling breakfast containing of Thai pancakes, variety of egg dishes and vegan options, together with fresh coffee and selection of teas.

Locally produced and sourced ingredients are used for all our meals. Everyday, you will have a traditional Thai style vegetarian set menu to choose your lunch and dinner from. To meet your dietary preferences, we are happy to adjust our meals, provide vegan options, or add chicken if you desire.



MIND, BODY & SOUL

Our programme is open to all ages and abilities. To make the yoga practice enjoyable and beneficial for everyone, our yoga teacher will predominantly follow beginner-intermediate level. However, we will be able to adapt the yoga level to the group ability. We tend to keep our yoga classes smaller, providing room for personal development and relaxation in the lushest greenery of Khao Sok.

Your guide on your Jungle Yoga & Meditation Retreat journey will be a passionate and experienced yogi Rossi Rossukol. Local to Khao Sok, Rossi has been practicing yoga for over 4 years, qualifying as a teacher and instructor 2 years ago. Having studied with Buddhist monks in temples across Thailand, her practice focuses on strength building, embracing your spiritual awareness and meditation. The majority of yoga sessions will take place at Rossi's purpose-built jungle sala.



Sample Retreat Day




Every day will be an opportunity to become a better self. The aim of our retreat is to nurture your spirits, further develop your welfare and calm your never-stopping mind. Every day will be an experience. From visits to the local temple, following nature trails and visiting mystical caves, enchanting workshops, to the possibility of experiencing the beautiful Cheow Lan Lake by day and night.

In the case of re-opening of Khao Sok National Park, we will aim to arrange an overnight stay on the floating bungalows of Cheow Lan Lake; an absolutely stunning location and a must-see destination of Thailand, still quite undiscovered. Alongside magnificent boat safari,

during which you can spot some of the most amazing wildlife, like for example Asian elephants, great hornbills, monkeys or bison, your yoga practice will take place on a floating raft house during sunrise and sunset. This overnight activity would come at an additional cost (subject to demand and opening of the national park).

GENERAL INFORMATION

Pricing & Dates



1* - 4 people	18,000 THB
5 - 8 people	15,200 THB
9 +	10,700 THB

*single room supplement of 1,500 THB will apply for single participants requesting a private room

Our retreat is open to and welcomes both single participants and larger groups. Please note that single participants who wish to stay in a private room will be subject to a 1,500 THB supplement charge. While we are certain that each block of our Jungle Yoga & Meditation Retreat will meet the minimum capacity requirements, we do require a minimum number of 5 participants.

2 - 6 June | 9 - 13 June | 16 - 20 June | 23 - 27 June

2 - 6 July | 9 - 13 July | 16 - 20 July | 23 - 27 July

1 - 5 August | 8 - 13 August | 16 - 20 August | 22 - 26 August

We highly recommend you to book a space now. Due to the current situation, we aim to accommodate your needs so any further changes or requests to your stay may be possible. Our team will keep you updated on any new developments and government announcements.

What Is Included

- ✓ *accommodation for 4 nights at Silver Cliff Resort*
- ✓ *3 meals per day + unlimited drinking water*
- ✓ *1 yoga class + 1 workshop per day*
- ✓ *yoga equipment (mats, blocks, pillows)*
- ✓ *transport to and from the yoga sala*
- ✓ *night safari, river tubing, Thai massage*
- ✓ *support from the teacher & retreat team*



What to Bring with

Being in a tropical rainforest in the south of Thailand, the months of June, July and August are part of the rainy season. Alongside some impressive tropical storms and rains, strong sun rays and clear blue sky are sure to be expected too. Taking the unpredictability of Khao Sok weather into consideration, we suggest you pack the following;

- ✓ *Lightweight rain jacket or poncho*
- ✓ *Shorts, tops (preferably quick-drying)*
- ✓ *Long-sleeved top and trousers (for cooler evenings)*
- ✓ *Yoga and outdoor clothing, swimwear*
- ✓ *Walking shoes and sandals/flip flops*
- ✓ *Sun cream, mosquito repellent, flashlight, water bottle*

Payment & Cancellation

A deposit of 20% will be required to secure yourself a place on our retreat. This can be made via PayPal or bank transfer to a Thai account. In case the programme cannot be run due to low participant numbers or travel restrictions, we will assist you to find the next convenient date, or refund your deposit in full.

Contact Information

To book yourself a place on this unique jungle programme or request additional information, please do not hesitate to get in touch with us at silvercliffresort@gmail.com. Our team will be delighted to answer any further questions and provide you with useful tips on how to get to Khao Sok Silver Cliff Resort. Also, you can check out our website, Facebook and Instagram for our latest news.

