

4 Day 3 Night – Jungle Yoga of Khao Sok



Our Jungle Camp and Khao Sok have much to offer when it comes to the concerned Yoga Enthusiasts. This fixed 4 Day 3 Night arrangement, offers participants options to practice Yoga & Mindfulness in various locations to fully embrace pristine beauty the environment of Khao Sok National Park has on offer. Our Jungle Camp with it's organic farm and unique tree house accommodation's offers the perfect basecamp to embark on daily nature activities with a strong focus on yoga and meditation amongst nature.

Tour	4D3N Jungle Yoga of Khao Sok
Arrangement	Daily Yoga & Mindfulness Activities Full-Board Group Meals Cheow Lan Lake Full Day Tour w. Yoga Night Safari, Canoeing, Cave and Temple visit
Meal Plan	Day 1 – -/-/D Day 2 – B/L/D Day 3 – B/L/D Day 4 – B/-/-
Notes	<ul style="list-style-type: none">• <i>Tour Starts & Ends from Our Jungle Camp in Khao Sok</i>• <i>The program includes Daily Yoga Sessions and is aimed at all levels of Yoga enthusiasts.</i>• <i>Arrival and Departure Transfers can be arranged individually</i>• <i>A minimum confirmed participation of 6 guests, at least 7 days prior to departure is required to operate the tour.</i>• <i>Bookings are only confirmed with a 50% deposit payment.</i>• <i>The itinerary is subjected to change, to fit the prevailing weather conditions and group requirements</i>

Itinerary Breakdown

Day 1 -

- / - / D

Arrive at Our Jungle Camp on your own arrangement, we recommend to check-in prior to 5:00 pm to explore the property and organic farm before the sunsets over the river. We meet at our Riverside platform for a short introduction and meet and greet and unwind with a 1-hour Yoga Sunset session at our forest yoga Sala. Dinner will be served in a communal style at 06:30 pm, followed by an exciting Night Walk into Khao Sok National Park, you might come by some of the pristine wildlife Khao Sok has to offer, while experiencing the surrounding soothing nature at night. You will return to Our Jungle Camp at around 09:00 pm with the rest of the evening at your leisure.

Day 2

B / L / D

Rise up early and meet at the jungle restaurant for breakfast, get your daypack ready to embark on your Full Day Cheow Lan Lake Tour at around 08:30 am.

You will reach Cheow Lan Lake Pier after a short stop at a local market, the majestic limestone karst is opening up to welcome you at this unique destination, you will visit Pra Kie Phet Cave before visiting the famous Guilin of Thailand. Cruise further throughout the cliffs and reach Praiswan Raft House, the initial host of Jungle Yoga in Khao Sok National Park. The restaurant is famous for their great vegetarian dishes and their amazing Yoga Sala overlooking the blue lake, green tree cover and towering limestone cliffs. After lunch, you will have time to relax and yonder or take one of the sit on top kayaks to explore the surrounding area on the lookout for wildlife. We will regroup at around 4:00 pm for a guided 1-hour evening yoga session. After such an eventful day we make our return journey into the sunset back to Cheow Lan Lake Pier and Our Jungle Camp, where dinner will be served at around 07:00 pm with the rest of the evening at your leisure.

Day 3

B / L / D

Morning Yoga at Our Jungle Life Camp, shaded by our cliff formations, followed by breakfast before you depart on your Canoeing Trip, along with your paddle man who steers your boat through the slow waters past forest trees. You will have a moment to reflect on the pristine nature and your own position in it before you reach a small cave temple, wander around and enjoy beautiful surroundings, before cruising on to your lunch spot. We will serve an outdoor lunch close to a small cave, along with fresh tea's prepare over the open fire you can become one with your group and your surroundings. After another 30 minutes of slowly floating along the river we will board our transfer back to Khao Sok town, half way we will stop at the Village Temple to learn more about Buddhism and make our offerings for good fortune, before continuing to Our Jungle Camp. The rest of the afternoon is kept at leisure with a farewell dinner to be served at 07:00 pm

Day 4

B / - / -

Morning Yoga at Our Jungle Sala, followed by a short mindfulness walk over our onsite Nature Trails, settle in for breakfast and a last group reflection before the retreat ends and you will continue towards your next destination at around 11:00 am

-End of Program-

WHAT TO BRING:

Yoga Mat, Block and Exercise Towel

Binoculars, flashlight or headlamp walking shoes, swim suit, sunscreen, hat, mosquito repellent, camera (plastic bag to protect from water), flip flops or sandals for night, long sleeve shirt and long pants for night, rain jacket, change of clothes, flashlight, personal first aid kit, water proofing for your bags while on the long-tail boat.

Note: If necessary you can buy these items in Takun town along the way, Our Jungle Camp has limited materials available for all Yoga and Nature based activities.

Cost

	Price	SS
Per.Person	฿ 9,200	฿ 1,750

Prices indicated in Thai Baht for Double / Twin Occupancy, excluding VAT, per person

Private Arrival / Departure Transfers

From	Car (1-3)	Van (4-8)
Surathani Airport or Train Station	1900	2100
Surathani Town-Tapee Pier	2100	2400
Don Sak Pier (To Koh Samui & Pa-ngan)	2900	3200
Khao Lak -Town -Ban Nam Khem Pier -Koh Kho Khao Pier	1500	1700
Khao Lak - Tab Lamu Pier / Tai Muang Phang Nga Town /Thadan Pier Kurraburi (to Koh Phratong & Koh Surin)	1900	2100
Krabi Airport, Krabi Town, Ao Nang and All Pier	2800	3200
Phuket Airport, Nai Yang & Nai Thon Beach, Mai Khao Beach	2800	3200
Phuket Town, Ratchada & Bang Rong Pier, Ao Por Grand Marina	3100	3400
Phuket Beaches (Kata, Karon, Patong, Rawai and others)	3300	3600

Rossi Rossukol, a Yoga & Meditation Teacher or simply your “Jungle Yogini,”. Since late 2016, Rossi began to practice yoga as a form of exercise and meditation. It has benefited her in many ways such as relieving stress and building up her mental strength. Moreover, she started to acquire in-depth yoga and meditation knowledge through her own study, professional training and personal practices with well-known yoga and meditation schools in Thailand. She currently holds certificates of over 900 hrs of Yoga and Meditation Teacher Training. To find out more check - <https://khaosokyoga.com/about-us/>

Yoga Teacher



Additional Pictures

https://drive.google.com/drive/folders/17EoMqStGveHWvqbFX8_cWcpepmFK54QPI?usp=sharing