

Jungle Yoga & Meditation Retreat

at Khao Sok Silver Cliff Resort



Info Pack

Welcome on board our Jungle Yoga & Meditation

Retreat in Khao Sok National Park!

After being stranded in one place for several weeks or even months, we are certain that there is no better place than pure, enchanting nature. Khao Sok National Park is said to be home to the oldest virgin rainforest in the world at over 160 million years old, containing 5% of the world's animal species. We have carefully put together an exciting retreat with the aim of giving you the strength and impulse to overcome any obstacles in 2021 and beyond. Our yoga and meditation sessions give you the much needed means to achieve your goals. With us, you will focus purely on your own wellbeing. Let us take care of you with deliciously healthy food, comfortable accommodation and true Thai hospitality.



DAY-TO-DAY PROGRAMME

We believe that we have found the perfect balance. On our retreat, you will delve into the magic of uplifting yoga, meditation and activities during which you will heal your mind and build your body confidence. Surrounded by pristine wilderness, you will have plenty of free time to relax, breathe in the rich jungle oxygen, or join one of our optional exploratory activities.

Day 1

from 12:00	Arrival
14:00	Welcome Lunch
from 15:00	Check In & Briefing
17:00	Sunset Yoga & Meditation Class
19:30	Thai Style Dinner

Day 2

07:30	Fresh Fruit & Smoothie
08:30	Morning Yoga & Meditation
10:30	Brunch
from 11:30	Walk Around Resort
14:00	Walking Meditation (optional)
17:00	Thai Style Dinner
19:00	Night Safari

Day 3

08:00	Smoothie & Fresh Fruits
10:00	River Tubing
13:00	Lunch
17:00	Sunset Yoga & Meditation
19:30	Thai Style Dinner
from 20:30	Movie Night

Day 4

07:00	Fresh Fruit & Smoothie
08:30	Morning Yoga & Meditation
10:30	Breakfast
12:00	Departure



"It's not about being good at something. It's about being good to yourself."

INCLUDED ACTIVITIES

Visiting Khao Sok and not exploring its beauty in full would be an opportunity missed. We have selected the ultimate Khao Sok taster tours, finding the balance between relaxation and adventure. Trek into the jungle at night, put your feet up and flow down river whilst admiring the views, and experience total bliss during a traditional Thai massage.

Night Safari

Explore the jungle at night with our experienced guide on this walking exploration of the surrounding nature. The jungle at night takes on a different ambiance as sounds are amplified and senses become heightened. Listen out for the animals of the jungle as they come out to hunt. If you are lucky, you may catch sight of the rare leopard cat, porcupine, and other nocturnal animals.

River Tubing

During the months of June - November, you can tube down the Klong Sok River. This exciting journey takes you through the river rapids as you float by the beautiful scenery and impressive limestone cliffs towering above you.

OPTIONAL ACTIVITIES

Whilst we didn't want to overpack your itinerary and turn a relaxing break into an exhausting adventure, there are times when you may want to try out a new experience. Below is a small number of optional extras we recommend if you're craving that little bit more.

Walk around the Resort

Silver Cliff Resort is located at the base of one of Khao Sok's famous towering limestone cliffs. Explore the trails located on the grounds, follow along the crystal-clear river, climb into a bat filled cave or pick fruit from one of our trees.

Farm Visit

Not far from Silver Cliff Resort is a local family farm where you can explore the beautiful grounds and harvest your own fruits, vegetables and herbs. Put your feet up in the farm house, enjoy an ice-cold drink or hot coffee, and soak up the views.

Viewpoint Hike

For those of you feeling more energetic, throw on your hiking shoes and trek to one of Khao Sok's stunning viewpoints. Don't forget your camera as the scenery is bound to take your breath away. Stay for a while and take in those ever-lasting memories before returning to the resort.

