



HOT YOGA EVOLUTION presents:

“THE HOT YOGA VACATION”

A Luxurious Yoga Vacation Program, 5 Days/6
Nights at the Indigo Pearl Resort in Phuket, Thailand.

For all bookings, please contact reservations@indigo-pearl.com

The Hot Yoga Vacation is 5 days/6 nights.

The program begins at 19:00, May 02, with an Introduction (60-90 minutes).

The Participants need to check-in on May 02, and will check out on the May 08.

May 02, there will be an introductory meeting for all Participants at 19:00, that should last approximately an hour.

WHO IS THE TEACHER?

Tomasz Goetel, RYT 200, is a popular, professional Hot Yoga teacher who specializes in a “fitness” style of Yoga. Tomasz has been well-known for the unique way of connecting with each Student, rich in personal attention.

Tomasz's classes are challenging and fun; his approach is playful, strengthening and nurturing. You can visit Tomasz's studio website at

www.HotYogaPhuket.com

WHAT IF I'M NOT FLEXIBLE?

The most common misconception, which prevents many people from starting Yoga, is that you need to be flexible to practice.

Yoga is not about how flexible you are, but about strengthening your body, clearing the mind and bringing inspiration to the soul. All that matters is that you try the right way and you will get some wonderful benefits.

For answer to many other commonly asked Yoga questions, please visit

www.HotYogaPhuket.com/questions.html.

WHAT TO BRING?

Photo camera
Sunblock swimsuit, sunglasses
A journal
An inspiring book
(we will provide yoga mats and towels for you)

WHAT TO WEAR?

Athletic or gym-gear: sport bras, singlets, bike shorts, capris. Choose good quality sportswear that wicks moisture away from the skin. Lulemon, NikeFit, NikePro and Adidas-Techfit are the ultimate choice.

SAMPLE DAY SCHEDULE: (subject to change)

6.45 am – 7.30 am:	Beach Sun-Salutations / Quiet Sitting / Swim
7.30 am – 8.30 am:	Light Breakfast
9.00 am – 10.30 am:	Yoga Class
11.30 am – 12.30 pm:	Lunch
2.00 pm – 4.00 pm:	Yoga/Lifestyle workshop
4.30 pm – 6.00 pm:	Yoga class
7.00 pm – 8.30 pm:	Dinner
8.30 pm – 9.30 pm:	Movie Night (optional) / Sit-together (optional)

OTHER ACTIVITIES (optional):

Golf
Spa programs and Thai Massages
Water Sports, Diving and Snorkeling
Elephant Trekking and Horse Riding

Guest room facilities:

High speed wireless internet access (chargeable), Interactive mini bar, IDD Telephone with voicemail, Individually controlled air-conditioning, In-room safe, Satellite TV (English, German, French, Japanese, Italian, Korean), Coffee and Tea making facilities, Bottled Mineral water, Hair dryer, 24 hours in room dining, Same day laundry and valet, Custom made bathroom amenities, Luxurious bath towels.

Complimentary facilities:

3 Swimming pools, 1 children pool, 2 Floodlit Tennis courts, Fitness Centre with techno-gym equipments, Water activities (i.e. Water aerobic, Water polo, Beach soccer, Beach Volleyball), Tin Box (Kid's Club & Children's Playground, offers daily activities for children ages 4 and older, up to young teens).

ACCOMMODATION UPGRADES:

The program's Accommodation Rate of 13,500 THB is based on a "Kelly Quarters" room, double occupancy. Other accommodation options include: Single Occupancy; Room Upgrades: Plantation Villa (King-size bed only), Pearl Bed Suite, and Private Pool Pavilion.

Please contact the hotel for rates and reservation.

CANCELLATION POLICY

The following cancellation policy will be applied:

1. Up to fifteen (15) days prior to May 02, 2010 - 50% of the entire tuition/accommodation/food booked will be charged.
2. Up to seven (7) days prior to May 02, 2010 - 75% of the entire tuition/accommodation/food booked will be charged.
3. Less than 72hrs: Full charge, no refunds.

All cancellations are handled by Indigo Pearl at reservations@indigo-pearl.com

AIRPORT TRANSFERS:

Our resort is an easy 5 minutes drive from the International airport. Limousine Airport pick-up and return drop-off are paid included. Please email reservations@indigo-pearl.com to confirm your flight details.

OTHER INFORMATION:

Space limited to 50 participants. Please book early to avoid disappointment. We cannot guarantee available accommodation 15 days prior to the beginning of the program. If a room is booked less than 15 days prior, an extra charge of 250 THB net/day applies.

The accommodation rate and Food rate are inclusive of all taxes and service charges.

We will offer healthy, delicious buffet-style meals customized by the Resort to compliment our Program. The full restaurant menu will be also available (not included in Food rate).

Yoga mats, towel service and drinking water for Hot Yoga classes are provided free of charge.

Check-in time is 2.00 pm and check-out time is 12.00 noon. The program begins on May 2 at 19:00 and ends after dinner on the eve of May 7. Arrive May 2, check out May 8. There will be an Orientation Meeting for all participants at 7pm, May 2 (ask Front Desk for location).

ANY QUESTIONS?

Any Resort/Accommodation related questions, please contact reservations@indigo-pearl.com

For Yoga/Program related questions, please contact Tomasz@TGoetel.com or call Tomasz directly at +66 (0) 85 889 1580.