



Roll and Restore (R&R) Luxury Yoga Retreat Chiang Mai Thailand

8 Days / 7 nights
Dec 7th-14th, 2019
\$1,500USD

with Carine Young

www.carineyoungyoga.com

At Taladya Chiang Mai Homestay

www.taladyahomestay.com

Accommodation, Transfer and Meals

- All meals: Traditional Thai and vegetarian or western cuisine options
- 7 nights luxurious shared accommodation, limited upgrade to private single rooms please enquire
- 2 airport transfers

Yoga Inclusions

- Daily morning GCF (Gentle Core Functional) Yoga and/or meditation
- Daily evening Roll and Restore Signature Yoga sessions

Price does not include

- Flights
- Travel insurance
- Excursions

Booking conditions

- Non-refundable 10% deposit by July 30th
- Space is very limited!

Contact

- Email: carineyoga@gmail.com
- Website: www.carineyoungyoga.com

