

**PROPOSAL**

Yoga & Wellness

Siem Reap

Quotation for	N/A
Duration	5 Days
Travel Period	2019-2020
Destinations	Siem Reap
Tour Type	Private
Reference no.	N/A

Itinerary

DAY 01	Arrival	(-)
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Meet the guide at the airport upon arrival and transfer to your hotel. The rest of the day is free to explore the town.

Overnight in Siem Reap

DAY 02	Siem Reap	(B)
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Experience the sunrise over Angkor Wat in the early morning. Return to the Resort for breakfast. Afterwards ride out to the ancient temples to explore one of the jewels of Cambodia: the awe-inspiring Angkor Thom or 'Great City'. At its southern gate, you will marvel at the imposing 23m (75-foot) high stone faces of Avalokiteshvara, featured in the Tomb Raider movie. At the centre of this citadel lies the state temple of Bayon. This temple-mountain, built at the end of the 12th century, is adorned with hundreds of gigantic stone faces.



Continue to the Ta Prohm temple, which was built in the late 12th century; it is unforgettable due to the massive trees with thick roots that entangle the walls.

Return to your resort for some time to relax and conclude the afternoon with a yoga session at the Resort.

Overnight in Siem Reap

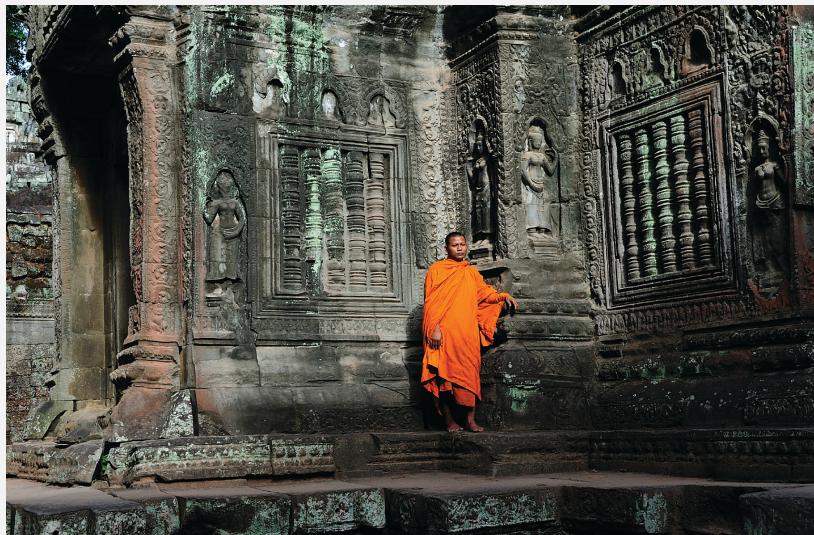
DAY 03

Siem Reap

(B)

Enjoy a Pranayama meditation session at Phnom Kom. Serenity and wonder will greet your day with this unique wellness experience.

Phnom Krom is a 9th century Angkorian temple located on top a hill, overlooking the Tonle Sap Lake. With the first rays of sunrise on Tonle Sap and the mystical ruins of Phnom Krom as backdrop, be guided through a series breathing techniques essential for deep meditation and for *samadhi*, the path to self-realization. The practice of pranayama meditation brings about harmony among the body, mind and spirit, leaving you feeling energetic, enthusiastic and positive. A professional will guide you through the meditation.



Return to your hotel to relax.

Note: For those who are interested to learn more about their destiny and future we can arrange a one-hour session with a gifted young Khmer lady who will read from your palm (optional – not included in the rates).

In the afternoon explore the highlight of your trip in detail – the mystical Angkor Wat. Enjoy the sunset over Angkor area from the top of the Pre Rup Temple.

Overnight in Siem Reap

DAY 04
Siem Reap
(B)

Enjoy a 2-hour introduction to the Komphiem village, including a visit to the local pagoda for a traditional Water Blessing. Learn about Cambodian stilt homes and life in a typical Cambodian village. As you wander slowly through the village your guide will show you about the way of life for the local people and answer any questions that you have. This is a chance to meet local people, learn about their lives and interact in a respectful and meaningful way. The tour takes around 2 to 2.5 hours and covers around 2 kilometers. Each participant receives a Khmer traditional sun-hat as a gift.

You will also visit the HUSK Community School and workshop if time permits.

Return to the hotel and get ready for a sunset yoga session at Wat Svay Romeat. Get inspired, re-charged and re-vitalized. Embrace the serenity and sense of romance the sunset brings to the mind, body and soul with destination-inspired activity led by wellness retreat masters.

This wellness activity is a 60-minute Yoga session. Please allow 15 minutes for pre and post meditation. Mats and refreshing drink (coconut water) will be provided.

Overnight in Siem Reap

DAY 05
Siem Reap
(B,L)

In the morning you will train body and mind in our last yoga session at the Resort. Transfer to the airport for departure flight.

End of services

Suggested Accommodation

City Name	Hotel
Siem Reap	Navutu Dreams Resort & Wellness Retreat Explorer Room

Accommodation in hotels is subject to availability. If the listed hotel is fully booked, alternate accommodation will be booked within the same hotel category without surcharge/reduction. If no hotel in same category available, we preserve the right to apply a surcharge for any higher category or a reduction for any lower category.