



BINTAN

3D2N Yoga Seeds
Tribal Adventure
22 - 24 Feb 2020



TRIBE ADVENTURE

Having found the perfect base in signature Tipi-style tents at a new desert-themed glamping resort, we go on our yoga quest by the seawater lagoon and beach in the day and by night, we retreat to indulge in the never-ending discovery and beauty of thy self under the unbounded spaciousness of a clear, starry night sky.





MORNING VINYASA, SUNSET HATHA & YIN YOGA UNDER THE STARS

It's time to turn our backs on the hum of modern life and run away on this fully immersive yoga adventure.

Experience different styles of yoga daily at different parts of the day in different settings to heighten heightens the awareness of our minds and bodies

INTRODUCTION TO ACRO YOGA AT THE BEACH

When was the last time you did something new? In this yoga quest to learn something new, challenge yourself to step out of your comfort zone through this introductory workshop to Acro Yoga right by the beach. You will surprise yourself with what you are capable of achieving!





SUNSET PRANAYAMA & MEDITATION

Experience and uncover the power of one's breath to reach a state of calm, balance and bliss through a heightened state of awareness. Relish being in the present out there in mother nature and regain your clarity and focus in the stillness.



LUXURIOUS TEEPEE-STYLE GLAMP TENTS

Just steps from the Crystal lagoon, the largest man-made seawater lagoon in Asia, each teepee-style glamp tent comes with a private bathrooms & enclosed patio. Lounge in comfortable social areas or in the privacy of the tents that blends luxury and adventure in earth tone colors.

PACKAGE RATES

Twin (Min. 2pax)
S\$499 per person

Single
S\$739 per person

NOTE: Yoga Seeds is only responsible for the yoga program provided and participants would be responsible for their own ferry ticketing arrangements through Bintan Resort Ferries (<https://www.brf.com.sg>). For more details, email recharge@yogaseeds.com.sg or WhatsApp (65) 8322 1251.

Package Details (EXCLUSIVE OF FERRY TICKETS):

INCLUDES:

- 2 nights accommodation at The ANMON Resort Bintan
- 2-way land transfers from the ferry terminal to resort [Arranged by resort]
- Daily breakfasts and dinners [Inclusive of one BBQ# dining experience under the stars, arranged by resort]
- Yoga Program:
 1. Morning Vinyasa Yoga
 2. Sunset Hatha Yoga
 3. Introduction to Acro Yoga by the Beach
 4. Sunset Pranayama & Meditation
 5. Yin Yoga under the Stars

The BBQ dinner is vegetarian. Non-vegetarian add-on options are available onsite at à la carte prices. Additional charges apply to any special meal requests. Lunch is at your own expense.

HOW TO SIGN UP

To confirm your slot, kindly complete the steps below.

Step 1: Complete payment via either:

- a) Bank transfer to UOB Current Account 3583032663 (Inter-bank FAST Transfer available); OR
- b) PayNow to Company UEN number 201318332GYSS; OR
- c) PayPal (4% Admin charges apply), For this option, please let us know and we will send the invoice to you.

Step 2: Fill in an Online Registration and Indemnity Form at <http://eepurl.com/1o9oz> if you haven't done so before for our other events/retreats.

Step 3: Email the following details to recharge@yogaseeds.com.sg

- Payment amount and mode of payment
- Indicate the travel dates you are signing up for
- Printed Expiry Date of Passport(s)
- Full name, Email Address & Mobile number of each participant
- For twin-share bookings, kindly indicate in the same email if you would like a twin bed or double bed

For queries, please email recharge@yogaseeds.com.sg or WhatsApp (65) 8322 1251.

BREATHE. RELIEVE. RECEIVE



**SUGGESTED
FERRY
ITINERARY
ON
BINTAN RESORT
FERRIES**

DEPARTURE FERRY

SIN-BIN

Dep 1400h, Arr 1400h (Bintan Time)

ARRIVAL FERRY

BIN-SIN

Dep 1435h (Bintan Time), Arr 1635h

- * Ferry details are subjected to changes. Actual ferry details would be confirmed after booking of package.
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- * For more details, email recharge@yogaseeds.com.sg or WhatsApp (65) 8322 1251.



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**EMBARK ON THE
JOURNEY WITH US**

www.yogaseeds.com.sg

"A mind that is stretched by a new experience can never
go back to its old dimensions."

Oliver Wendell Holmes

