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## **BINTAN**

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**3D2N Yoga Seeds  
Tribal Adventure**





**COME AWAY WITH US IN 2024**

**Travel Dates**

18–20 May

20–22 Jul

14–16 Sep

26–28 Oct

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# TRIBE ADVENTURE

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Having found the perfect base in signature Teepee-style tents at a new desert-themed glamping resort, we go on our yoga quest by the seawater lagoon and beach during the day. 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.





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## HATHA ESSENTIALS, MORNING VINYASA, & EVENING YIN

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It's time to turn our backs on the hum of modern life and run away on this fully immersive yoga adventure. Level up your personal practice with customised tips & experience different styles of yoga in various settings to heighten the awareness of our minds and bodies.

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# INTRODUCTION TO ACRO YOGA

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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 heightened 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 glamping tent comes with a private bathroom & enclosed patio. Lounge in comfortable social areas or in the privacy of the tents that blends luxury and adventure in earth-tone colours.

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# PACKAGE RATES

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## **Quad-share Room (4 pax)**

\$680 per pax

Early Bird S\$568 per pax

## **Triple-share Room (3 pax)**

\$710 per pax

Early Bird S\$598 per pax

## **Twin-share Room (2 pax)**

\$780 per pax

Early Bird S\$668 per pax

## **Single Room (1 pax)**

\$1,210 per pax

Early Bird S\$1,078 per pax

**Early Bird rate ends 4 weeks before  
travel date.**

## Package Details (EXCLUSIVE OF FERRY TICKETS):

### INCLUDES:

- 2 nights accommodation at The ANMON Resort Bintan
- 2-way land transfers from the ferry terminal to the resort [Arranged by resort]
- Daily breakfasts and dinners [Inclusive of One BBQ Dining Under the Stars]
- Yoga Program:
  1. Daily Morning Vinyasa Yoga x2
  2. Hatha Yoga Essentials (Level Up Workshop)
  3. Introduction to Acro Yoga
  4. Sunset Pranayama & Meditation
  5. Daily Evening Yin Yoga x2

NOTE: Yoga Seeds is only responsible for the yoga program provided and participants would be responsible for their own ferry ticketing arrangements. For help and details, email [recharge@yogaseeds.com.sg](mailto:recharge@yogaseeds.com.sg) or WhatsApp (65) 8322 1251.



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# HOW TO SIGN UP

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To confirm your slot, kindly complete the steps below.

Step 1: Complete payment via either:

- a) Bank transfer to UOB Current Account 3583032663; 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 <https://bit.ly/yogaseedsregform> if you haven't done so before for our other events/retreats.

Step 3: Email the following details to [recharge@yogaseeds.com.sg](mailto:recharge@yogaseeds.com.sg)

- Payment amount and mode of payment
- Indicate the travel dates, room option
- Printed Expiry Date of Passport(s)
- Full name, Email Address & Mobile number of each participant in your group
- For quad-share, triple-share and twin-share bookings, kindly send all details of every participant in the same email

If you have any questions, please email [recharge@yogaseeds.com.sg](mailto:recharge@yogaseeds.com.sg) or WhatsApp (65) 8322 1251.

# BREATHE. RELIEVE. RECEIVE



**SUGGESTED  
FERRY  
ITINERARY  
ON  
BINTAN RESORT  
FERRIES**

***DEPARTURE FERRY***

***SIN-BIN***

***Dep 1110h, Arr 1120h (Bintan Time)***

***ARRIVAL FERRY***

***BIN-SIN***

***Dep 1400h (Bintan Time), Arr 1620h***

- \* Ferry details are subject to changes. Actual ferry details will be confirmed after booking the package.
- \* Yoga Seeds is only responsible for the yoga program provided, and participants would be responsible for their own ferry and travel insurance arrangements
- \* For more details, email [recharge@yogaseeds.com.sg](mailto:recharge@yogaseeds.com.sg) or WhatsApp (65) 8322 1251.

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

Oliver Wendell Holmes

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**EMBARK ON THE  
JOURNEY WITH US**

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[www.yogaseeds.com.sg](http://www.yogaseeds.com.sg)