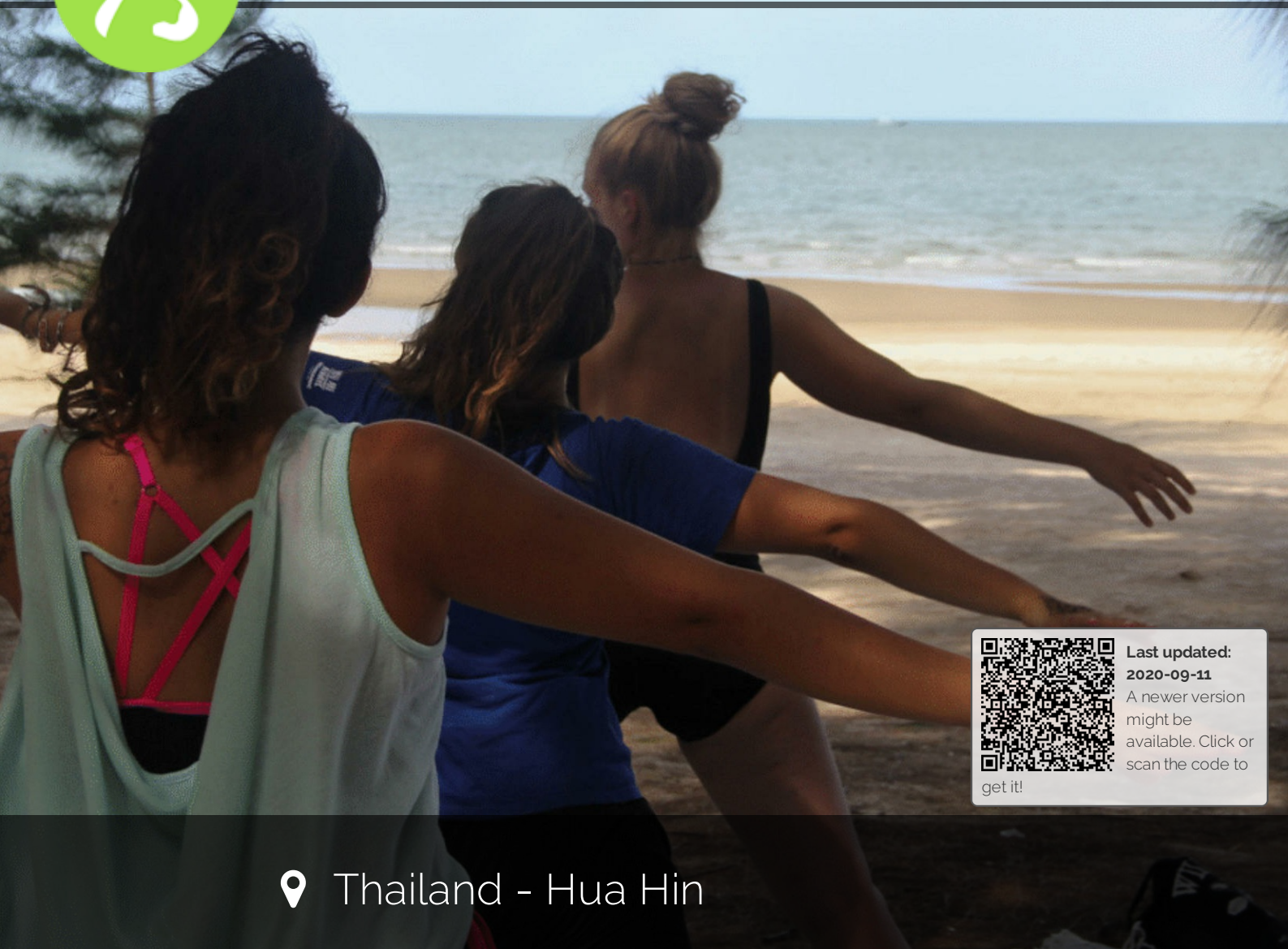




Beach Yoga



Last updated:
2020-09-11
A newer version
might be
available. Click or
scan the code to
get it!

📍 Thailand - Hua Hin

Experience the ancient art of Yoga in a beautiful beach location...Yoga has a lot of health benefits, especially when you are breathing the fresh ocean air!

This program will take through Yoga's physical and internal components with the guidance of a professional instructor. After a week of relaxing Yoga and deep meditation exercises, you are guaranteed to come out of this program with mind and body recharged.

Culture



Learning



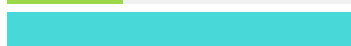
Leisure



Community Engagement



Physical Demand



Program Description

You will be guided through meditation and yoga exercises with an experienced yoga instructor, all on beautiful surrounding beaches!

Although Hua Hin is a popular and busy town, our program and accommodation is located in a rural area not too far away, where you can easily find a relaxing setting for participation in this program.

This way, you'll be getting the best of both worlds.

In between yoga exercises and relaxing beach sessions, we'll visit the town several times. You'll get to enjoy the many lunch options outside, discover new markets and enjoy other sights and sounds.

Yoga is an ancient teaching used to ease the body and the mind through a series of poses called asanas that improve the health of each and every organ as well as creating muscular strength and the ability to focus and concentrate on essentials like the breathe.

Breathing is one of the first and most important lessons the participant will learn. To breathe correctly is the gateway to living a peaceful life.

This program is open to all levels of Yoga practitioners, whether beginner or advanced. Our Yoga instructor will adapt to your level.

The teachers will get to know and talk to each one of their students to know them separately and recommend the best interest of them as individuals and also to connect the whole group through the yoga.

Program Duration & Availability

Min duration (weeks): 1

Aims & Objectives

- To increase your understanding and practice of Yoga
- To improve your stress levels, concentration, and overall health

Schedule

Sunday

- If this is your first week, you will be transferred directly from Bangkok to Hua Hin upon arrival. Depending on your previous week's program, you will be transferred to Hua Hin after brunch
- Dinner at Hua Hin center

Monday

- Breakfast
- Visit a famous Bhuddist temple nearby
- Lunch in town
- Free afternoon at Hua Hin Beach
- Dinner

Tuesday

- Breakfast
- Morning Yoga at the Centre
- Visit Artist Village
- Khao Tao Temple
- Lunch
- Afternoon Yoga at Sai Noi Beach
- Dinner

Wednesday

- Breakfast
- Visit Hin Lek Fai Viewpoint
- Head on to explore Khao Takiab Temple
- Lunch in town
- Yoga at Sea Pine Beach
- Dinner at the resort

Thursday

- Breakfast and free time
- Yoga at Sai-Noi Beach
- Lunch at the beach
- Afternoon Yoga at Pranburi Beach
- Dinner

Friday

- Breakfast
- Morning Yoga at Hin Lek Fai Viewpoint
- Lunch and free time at the accommodation
- Afternoon Yoga at Hin Lek Fai Viewpoint
- Dinner

Saturday

- Breakfast
- If this is your last week, you will be transferred to Hua Hin bus station after breakfast. If you have further programs north of Hua Hin you will be transferred to that program via Singburi. If programs are in Hua Hin or the South you will stay at the accommodation until that starting time.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	None
CRB required:	On Signup
Passport copy required:	No
Resume copy required:	No
Required qualification:	None

Additional Requirements

There are no further requirements for this program.

Additional Equipment

No specific equipment required for this program.