FREMANTLE
YOGA·CENTRE

CHIANG MAI AND PAI, THAILAND

YOGA HOLIDAY/ RETREAT 2018

Two weeks, two locations
Two of Australia's best teachers

Kale Leaf and
Kate Porotto-Nelson

MAKING THE DECISION TO GO ON A YOGA RETREAT IS AN IMPORTANT MOMENT

It might mean you want to deepen your relationship with yoga, or restore it, or fine-tune it. Or maybe you just want life to slow down, so you can put yourself first for a few days.

If you are looking to ignite your motivation, focus your intentions, devote some time to your practice and soften your energy around yoga so that you can absorb all the goodness it brings to your life, then this is the retreat for you.

Escape next winter with Kale and Kate from Fremantle Yoga Centre - two of Australia's best yoga teachers - to two beautiful locations in Thailand, steeped in spiritual traditions, for two weeks of yoga, meditation, nature, fun, relaxation, healthy living and happiness.

Or, if you can't make it for the full two weeks, select either Chiang Mai or Pai and enjoy a week of exotic holiday and yoga bliss.

All levels of experience are welcome on this retreat. Come alone and make new friends, or bring a partner to share this incredible experience with. There is a package that's right for everyone.

Each day, you will be guided through your morning practice, and then the day is yours to enjoy. You can relax or choose to indulge in a Thai massage, or visit elaborate Buddhist Temples, cooking schools, markets, canyon trekking or visiting the famous Thai Elephants. A second session of yoga and meditation rounds off the afternoon, before you prepare to enjoy your evening with a delicious Thai

dinner at the resort or local restaurants, or perhaps a visit to the night market.

The first week will be spent at Jirung Health Village, in Chiang Mai – a lush, tropical resort with beautiful gardens, a day spa, and an infinity pool where you can gaze across to the mountains while you rest your muscles after a morning of yoga. Our Chiang Mai retreat commences on Saturday 23 June at 9am, and concludes at 10.30am on Saturday 30 June, when we depart for Pai.

A day of travel is followed by a day of rest and time to explore Pai village.

Accommodation in Pai is at Belle Villa Resort, a relaxing, green oasis surrounded by burbling streams, impeccable manicured fields and majestic mountains, shrouded in early morning mists. Retreat starts on Monday 2 July at 9am and ends at 6pm on Sunday 8 July. Depart from Pai to Chiang Mai on Monday 9 July, at 10:30am, arriving Chiang Mai afternoon. Flights departing from Chiang Mai need to be booked after 5.30pm.

You may participate in this retreat for the full two weeks, or either week at Chiang Mai or Pai.

Pricing structure/options

Package	Deluxe	Budget	Group share room Chiang Mai
Two weeks, own room	3445	3015	
Two weeks, shared room*	2645	2435	2380
Chiang Mai only, own room	1950	1710	
Chiang Mai only, shared room*	1510	1390	1470
Pai only, own room	1755	1575	
Pai only, shared room*	1395	1305	

Breakfast and transfer from Chiang Mai to Pai included. Other meals and transport are not included.
**Let us know who you want to share with, or if you want us to select a room-mate for you.*

In Chiang Mai at Jirung Health Village jirunghealthvillage.com
- Budget is the "Forest Hut" 24m (not shown on the website)
- Deluxe is the "Mountain Villa Forest Hut" 52m
- Group share is the "Sanctuary Family Suite", two twin bedrooms in one suite.

In Pai at Belle Villa Resort bellevillaresort.com/pai
- Budget is the "Deluxe Pool "
- Deluxe is the "Deluxe Cottage"

KATE

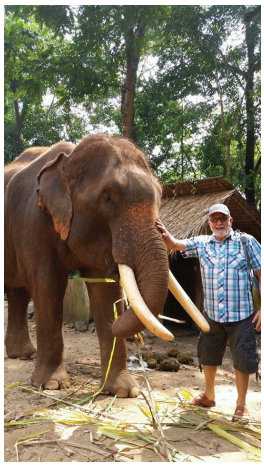
Kate Porotto-Nelson has practiced and taught yoga for more than twenty years. With a background in dance, Tai Chi, massage and naturopathy, Kate trained in Western Australia under Kale Leaf. She is a highly regarded as teacher of vinyasa, power and womens' yoga. As a Senior Yoga Australia teacher, Kate has served on the committee of Yoga Australia. She is the Director of Fremantle Yoga Centre and Off the Wall, and runs a popular 350 hour teacher training program. Kate is passionate about serving her community, and she loves helping her students to open their hearts and shine their lights bright.

KALE

With over 40 years of teaching, Kale founded the Fremantle Yoga Centre 30 years ago and continues his involvement in the comprehensive two-year Yoga Teacher Training course. Kale initially turned to yoga while searching for a cure for his debilitating back problem. Since then, Kale has become a reputable leader in the field and now specialises in therapeutic yoga to achieve specific and positive outcomes for his students. Having explored traditions such as Iyengar and Ashtanga, Kale finally crafted his unique 'Flow Form' yoga and therapeutic techniques that have transformed thousands of lives.

BOOK NOW

With more than 60 years of experience between them, they're still packing out their classes every week, so you can be sure that places on this retreat will fill up quickly. Book your place today so that next time Perth winter rolls around, you'll be rolling out your yoga mat in paradise in Thailand.



PAYMENT

DEPOSIT: $600
(non – refundable)
by 15 Jan 2018
BALANCE:
Due 15 March 2018

BANK DETAILS

Name: Fremantle Yoga Centre
BSB: 016307
Account No: 487540761
REF – Your name THAI 18

MORE INFORMATION?

Contact Kale or Kate:
kaleleaf@hotmail.com
0411 433 660
kate@fremantelyoga.com
0417 187 433