



**In 2027, the Luna Ten Day Retreat will take us to Laos
and the mystical beauty of Luang Prabang.**

Friday 16 July – Monday 26 July 2027 | \$2,600

I have long been fascinated by Laos and its deeply rooted Buddhist culture, where ancient traditions remain woven into everyday life. Luang Prabang's temples, traditional Lao architecture and French colonial heritage offer a unique glimpse into a way of life shaped by history, spirituality and simplicity. It is this captivating combination that has drawn me to Luang Prabang and makes it such a meaningful place to share with you.

We will have three to four days to explore the town and the Mekong, and six days dedicated to refining and deepening your yoga practice.

SIX DAYS OF YOGA

Yogis are welcome from both the General and Experienced class levels. The six consecutive days of yoga will include:

- Early morning meditation and pranayama
- Morning asana class
- Afternoon asana class, with a focus on inversions and supported asanas

LUANG PRABANG

Because of its unique townscape and cultural heritage, **Luang Prabang is a UNESCO World Heritage Site.**

For the first few days, we will wind down to the relaxed pace of the locals and immerse ourselves in the serene atmosphere of the town. Some suggestions include:

- Morning Alms Ceremony – a Buddhist sunrise tradition.
- Wat Xieng Thong – one of Luang Prabang's most beautiful temples.
- Night Market – local textiles, handicrafts and Lao-made goods.
- Kuang Si Falls – spectacular turquoise pools and waterfalls.
- Mekong Sunset Cruise – relax on the river and watch the changing light over the landscape.

LE BEL AIR RESORT

Le Bel Air has a charming, nostalgic feel, drawing on the romance of French Indochina. Its colonial-style buildings, infinity pool and tranquil riverside setting create a beautiful place to slow down.

You will each have your own spacious room, set amongst lush gardens, with a private balcony or terrace. The resort offers a complimentary 5-min shuttle service to town, or it is approximately a 15-minute stroll.

Check out the resort website: <https://www.lebelair-resort.com/>

FULL FEE: \$2,800

 **EARLY BIRD: \$2,600** – available when a \$400 deposit is paid now or by 31 January 2027.

Included:

- Yoga tuition with Viv
- 10 nights' single room accommodation, including breakfast
- Six evening meals, 3 course, meat & vegetarian, Lao & Western cuisine
- Airport transfers in Luang Prabang

Other costs to consider:

- Airfare, visa and travel insurance
- All lunches and five dinners
- Sightseeing activities – allow approximately \$150

DATE

Friday 16 July – Monday 26 July 2027

We will fly out late Thursday night, 15 July, arriving home early Tuesday morning, 27 July.

FLIGHTS

The simplest and most economical option is to book two separate return flights:

Melbourne ↔ Bangkok with Thai Airways

Bangkok ↔ Luang Prabang with Bangkok Airways

Thai Airways – approximately \$1,240

Outbound – Thursday 15 July

Melbourne → Bangkok

TG462 | 23:30 – 06:00

Arriving Friday morning Transfer time in Bangkok: 3 hours 55 mins

Return – Monday 26 July

Bangkok → Melbourne

TG465 | 19:40 – 07:30

Transfer time in Bangkok: 4 hours 50 mins *Arriving home Tuesday morning*

Bangkok Airways – approximately \$394

Outbound – Friday 16 July

Bangkok → Luang Prabang 09:55 – 12:05

Return – Monday 26 July

Luang Prabang → Bangkok 12:45 – 14:50

BOOK YOUR PLACE

Purchasing the two airfares early secures the lowest fare.

A \$400 deposit confirms your place

For the Early Bird fee transfer your deposit now or by 31 January 2027

Spaces are limited. To confirm your place, please reply to this email.

If you have any questions, feel free to email or chat after class.

Join me and fellow yogis in Laos for a new adventure that combines your passion for yoga with the beauty and rhythm of Luang Prabang. Return home refreshed, inspired and with memories to last a lifetime.

Namaste Viv