



Immersive Wellness Retreat

REST • REJUVENATE • RECONNECT

Price from **RM999** per person

 **26 - 27 SEPTEMBER 2026**

PACKAGE INCLUSIVE:

- | | |
|---|--|
|  2DIN accommodation |  Full Moon Sound Healing |
|  Buffet Breakfast |  Sunrise Yoga Flow |
|  2 x Lunch |  Mandala Dotting Art Workshop |
|  Dinner |  Essential Oil Workshop |
|  Yin Yoga |  Lotus Harvesting Experience |
|  Aromatherapy Yoga Nidra
Meditation |  Complimentary Satin Eye Pillow |





Immersive Wellness Retreat

TIME TABLE • 26 - 27 SEPTEMBER 2026

Day 1

- 10.30 am **Guest Arriving**
- 11.00 am **Retreat Opening & Ice Breaker**
- 12.00 pm **Essential Oil Workshop**
- 1.00 pm **Lunch**
- 3.00 pm **Check-in**
- 4.30 pm **Yin Yoga (Deep Stretch & Release)**
- 5.30 pm **Lotus Harvesting Experience**
- 6.00 pm **Aromatherapy Yoga Nidra Meditation**
- 7.00 pm **Dinner**
- 8.30 pm **Fire Show**
- 9.00 pm **Full Moon Sound Healing**
- 10.00 pm **Free & Easy**

Day 2

- 7.00 am **Rise & Shine**
- 7.30 am **Sunrise Yoga Flow**
- 8.30 am **Power Walk**
- 9.00 am **Breakfast**
- 10.30 am **Free & Easy**
- 12.00 pm **Check-out**
- 12.30 pm **Lunch**
- 2.00 pm **Mandala Dotting Art Workshop**
- 4.00 pm **Retreat Closing**
- 4.30 pm **Farewell**

YOGA TEACHER PROFILE

Ming Wei

Founder of Yoga Retreat Malaysia

Over 10 years of experience in yoga, sound healing and meditation
Regular corporate classes, yoga retreats, wellness events
and community classes

- 200Hr Certified Hatha Yoga Teacher
- 100Hr Certified Vinyasa Yoga Teacher
- 100Hr Certified Rocket Yoga Teacher
- Kasa Sound Healing Level 1 & 2
- Sound Therapy Training Level 1
- 30Hr Certified Aerial Yoga Teacher
- Certified Aerial Lyra Teacher

GOLDENPALMTREE.COM

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*Terms & Conditions apply

