



Immersive Wellness Retreat



REST • REJUVENATE • RECONNECT



Price from

RM999

per person

18 - 19 JULY 2026

Package inclusive:-



2D1N accommodation



Buffet Breakfast



2 x Lunch



Dinner



Yin Yoga



Aromatherapy Yoga Nidra Meditation



Deep Sleep Sound Bath



Sunrise Yoga Flow



Mandala Dotting Art Workshop



Essential Oil Workshop



Lotus Harvesting Experience



Satin Eye Pillow Giveaway



NOURISH YOUR BODY, CALM YOUR MIND, AWAKEN YOUR SOUL.

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*Terms & Conditions apply





Immersive Wellness Retreat

TIME TABLE • 18 - 19 JULY 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 **Deep Sleep Sound Bath**
- 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**
- 5.00 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

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