

# DESTINATION DELUXE

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## YOGA RETREAT AT SONG SAA

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### A Private Island Retreat to Transform Your Life (October 15-21, Cambodia)

**F**lex Studio is once again hosting a transformational yoga retreat at [Song Saa Private Island](https://songsaa.com)(<https://songsaa.com>). This time a group of eight participants will head to the private island in Cambodia. Held from October 15 – 21, the six-night retreat will offer daily

intensive yoga sessions with Michelle Ricaille and [Flex Studio](http://flexhk.com/) co-founder Heather Thomas Shalabi.

Yoga classes will consist of asanas, pranayama and an introduction to meditation to help balance and clear the mind. The yoga practice is suitable for beginners as well as advanced yogis.

Song Saa Private Island offers a delicious global menu with a local touch, using fresh, organic produce and specializing in locally caught seafood.



Retreat guests will also learn about the resort's philanthropic venture, the Song Saa Foundation.

“At the start of the retreat, we will be welcomed by the Foundation Director for an overview of Song Saa's history, philosophy and operations. Later, a journey into the local community will give us a first-hand look at the unique ways Song Saa supports and promotes sustainability through their organically responsive and needs-based approach.”

The spa philosophy is divided into three themes: stillness, healing and blessings, and treatments can be enjoyed at the spa, which is located at the very top of the property, or in one of the numerous little “nature

sanctuaries” dotted across the island, allowing guests to have an unforgettable “spa with no walls” experience.

Song Saa Private Island offers 24 spacious luxurious villas, which were constructed from reclaimed timber and decorated with beautiful local materials, keeping with the resort’s philosophy of sustainability. Each villa features a private pool and breathtaking vistas of the island or the ocean.

The retreat includes all beverages (inclusive of wine, beer and cocktails), delicious organic meals, educational environmental activities, talks, as well as experiences such as snorkeling and kayaking. Spa treatments and diving are paid separately and can be arranged after arrival.

See also: [Top 10 Wellness Retreats in Asia](http://destinationdeluxe.com/top-10-wellness-retreats-asia/)(<http://destinationdeluxe.com/top-10-wellness-retreats-asia/>)



## RETREAT SCHEDULE

Monday, October 16 (Day 1)

Breakfast in Vista at leisure

Introduction to the Song Saa Foundation

Long yoga practice

Mangrove kayak (Explore the area's hidden coves and serene bays in a truly low-impact manner)

Sunset sail (Canapes and champagne provided)

Dinner at leisure

Tuesday, October 17 (Day 2)

Breakfast in Vista

9am (Group 1) Sala Song Saa (max 5 people) (Join the Foundation team to tour the Prek Svay village.

9am (Group 2) Yoga practice

Lunch at leisure

At leisure and can book in for the following:

- Spa treatment (additional charge)
- Guided snorkel tour (complimentary)
- Scuba dive (additional charge)
- Relax by the pool with a book

3pm (Group 2) Sala Song Saa (max 5 people) Join the Foundation team to tour the Prek Svay village.

3pm (Group 1) Yoga practice Sunset cocktail at Vista followed by dinner

*Option for night spa (this would be extra fee).*

Wednesday, October 18 (Day 3)

Breakfast in Vista

Morning yoga

Boat of Hope (Join the Foundation team on a Boat of Hope mission, sailing to local villages to bring medical or educational supplies. Pack for a Purpose)

Picnic lunch on the beach

Thursday, October 19 (Day 4)

Breakfast at leisure

Morning yoga

Cooking class (Enjoy a tour of Song Saa's garden to discover local herbs, then join the chef in the kitchen and learn how to whip up traditional Khmer cuisine)

Afternoon yoga

Bioluminescence (Head offshore for a night snorkel and watch the sea light up. It's like playing among the stars!)

Climate Change Workshops on Day 3 or 4.

Friday, October 20 (Day 5)

Breakfast at leisure

Yoga

Roundtable on philanthropy, business and sustainability (Facilitated discussion and idea sharing on community development, integrating business and philanthropy, and how we can contribute to a 'beyond sustainability future')

A special destination dinner and drinks

Saturday, October 21 (Day 6)

Breakfast at leisure

Yoga

Departure



## ACCOMMODATION

An all inclusive price: (for 6 nights; buy 5, stay 6 offer); excludes flights, scuba diving and spa treatments

\$7,500 USD 1 Bedroom Jungle (King bed)

\$10,500 USD 1 Bedroom Ocean (King bed)

\$10,500 USD 1 Bedroom over water (King bed)

Flights (booked independently)

Transfer by coach from Phnom Penh to Sihanouk Ville (4 hours)

Private boat transfer from Sihanouk Ville to Song Saa Island (45 mins)

[songsaa.com\(https://songsaa.com\)](https://songsaa.com)

[flexhk.com\(http://flexhk.com/\)](http://flexhk.com/)

See also previous: [Flex retreat at Kamalaya\(http://destinationdeluxe.com/flex-yoga-pilates-retreat-at-kamalaya/\)](http://destinationdeluxe.com/flex-yoga-pilates-retreat-at-kamalaya/)