

Island Smiles Yoga Retreat

Island Smiles Yoga Retreat offers you a peaceful space to find yourself again. Live simple and in harmony with the universe, the earth and your body. Disconnect from daily stress and listen deeply to your body, heart, and mind. Yoga will open you a new view on life.

Welcome to Island Smiles Homestay on Cham Islands

Day 1

- 7.40 a.m. Pick up at Cua Dai harbour. Transfer to Cham Islands by speedboat (25 min.) or local ferry (75 min. cruise)*
- 9.00 a.m. Arrival at Bai Lang harbour on Cham Islands. Have a look around to see the busy market in the morning and the ancient culture*
- 10.00 a.m. Going along the coast by motobike. Passing marvellous beaches and splendid views on the way to Bai Huong fishing village*
- 11.00 a.m. Arrival in Island Smiles homestay*
- 11.30 a.m. Home cooked lunch in the homestay. Only fresh regional products (vegan or non vegan). Then relax.*
- 3.30 p.m. Tea ceremony*
- 5.00 p.m. Enjoy the beach*
- 6.30 p.m. Home cooked dinner*
- 8.00 p.m. Personal chill time*

Day 2

- 5.00 a.m. Get up. Welcome the new day*
- 5.30 a.m. Sunrise boat trip to the jungle*
- 6.00 a.m. Hatha Yoga at the jungle*

- 7.30 a.m. *Pranayama*
- 8.00 a.m. *Breakfast*
- 9.30 a.m. *Snorkeling the coral reefs, admiring colors and species*
- 12.00 a.m. *Home cooked lunch, then relax*
- 3.00 p.m. *Introduction of Mama healing in the jungle*
- 4.00 p.m. *Hatha Yoga, Pranayama breathing in the jungle*
- 5.30 p.m. *Sunset boat trip back to homestay*
- 6.00 p.m. *Home cooked dinner*
- 9.00 p.m. *Personal chill time*

Day 3

- 5.00 a.m. *Wake up. Welcome the sun*
- 5.30 a.m. *Hiking to the forest*
- 7.00 a.m. *Hatha Yoga in the jungle*
- 8.00 a.m. *Pranayama*
- 8.30 a.m. *Breakfast*
- 10.00 a.m. *Breathing meditation (air element)*
- 12.00 a.m. *Home cooked lunch, then rest*
- 3.00 p.m. *Hatha Yoga*
- 4.00 p.m. *Sunset-Motorbike tour around the island*
- 6.30 p.m. *Dinner*
- 9.00 p.m. *Personal chill time*

Day 4

- 5.00 a.m. Get up. Welcome the new day*
- 5.30 a.m. Sunrise Hatha Yoga*
- 7.00 a.m. Pranayama*
- 7.30 a.m. Protecting nature and mother earth*
- 8.30 a.m. Breakfast*
- 9.30 a.m. Relaxing. Have another look at the beach*
- 11.30 a.m. Light lunch. Prepare to leave. Transfer to Bai Lang harbor by boat or motorbike. Boarding the local ferry or a speedboat.*

Hope to see you again in paradise!

Services included

- Personal transfer between Cua Dai harbour and Bai Lang harbour. Transport of own motobike possible for additional charge.
- All activities in the program
- 3 days accomodation in Island smiles homestay. Extension stay possible.
- Vegan food, water and tea

Services not included

- Airport Transport
- Visa fees and travel insurance,
- Alcoholic drinks

For further activities on Cham Islands please have a look on cham-islands.com. We can organize everything for you.

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