

Yoga Detox Camp

~Body, Mind and Spiritual Rejuvenation~

"Fasting is the greatest remedy, the physician within"- Paracelsus, 15th Century Physician

When : Friday , 6 April 2012 (11.00 a.m. Depart from Singapore Yoga centre at Macpherson)
Sunday, 8 April 2012 (5.00 p.m. Arrive Singapore Yoga centre at Macpherson)

Where : Pulau Desaru Beach Resort @ Desaru, Johor

Fee : Twin Sharing S\$420 per person for members and S\$450 (non-member)

Single room S\$530 per person for members and S\$560 (non-member)

Registration is open from Now . Dateline : 8 March 2012

3D2N Package include :

Return coach transfers

Two nights accomodation in standard Hotel Room

Welcome drink upon arrival

Lunch and Dinner on Friday (vegetarian)

Juices : morning,noon and evening (detox starts)

Breakfast on Sunday

Firefly Farm Tour

Detox Treatments : Cold Pack and Mud pack

Terms & Conditions

Deposit/Prepayment : Full payment upon placement of booking

Payment may be made by either check,cash or ATM transfer

Check : Crossed check to AMYS and will only be acknowledged upon clearance by Bank

Cash : Please pay at our centre

ATM tfr : Kindly call us for bank account details

Please advice us on the Payor's name and transaction date

Cancellations or No Show Policy

No refund for cancellation, however you may find a replacement.

The organizer is not responsible to find a replacement for you.

Call us at 62800653 or visit our website yoga.org.sg for details or registration

Another program brought to you by :

ANANDA MARGA YOGA SOCIETY

OF SINGAPORE

439A MacPherson Road

Singapore 368150



PROGRAM OUTLINE

DAY 1

Arrival at Pulau Desaru Beach Resort @ Desaru, Johor

Welcome Drink upon arrival

Program orientation and Ice breaking

Blood Pressure Check

Cold Pack Treatment

Meditation by the sea

Firefly Farm Tour

DAY 2

Qi Exercise & Sunrise Beach Walk

Asanas & Yoga Dance

Meditation Sessions

Mud pack Treatment

Swimming

Empowerment Games

Class & Workshop

Silent Walking Meditation on moonlit beach & happy songs

Night Meditation by the sea

DAY 3

Sunrise Meditation by the sea

Asanas & Yoga Dance

Lemon scrub bath

Group Photo & closing ceremony

Shopping stopover in Johor Bahru

Return to Singapore