



## Return to Your True Self

A gentle yoga & mindset retreat in the Andaman Islands.

**All classes are optional. Buffet breakfast, lunch & dinner included daily.**

### **Day 1 — Arrival & Deep Rest**

Arrive, settle into your room, and gently ease into island life. Take time to unpack, breathe, and let the outside world slow down. In the evening, we gather for a warm welcome and soft introduction to the retreat. Enjoy dinner at the resort and a peaceful night to fully rest and arrive.

### **Day 2 — Gentle Energy & Self-Compassion**

Begin with a slow morning, enjoying breakfast or a quiet walk along the beach. You'll be guided through foundational breathwork and Hatha yoga, helping you feel supported and at ease in your body. The afternoon offers space to rest, journal, or enjoy a spa treatment before mindset coaching to gently begin. The day closes with calming yin yoga and dinner at the resort.

### **Day 3 — Heart Connection & Clarity**

Start your day with beachside yoga and mindful moments by the ocean, followed by a nourishing breakfast. Heart-opening Kundalini, meditation, and gentle movement help you reconnect inward. With time to relax, explore, or enjoy a spa treatment, the day flows naturally before mindset coaching to understand what may be holding you back. Evening yin and dinner at the resort leave you feeling open and grounded.

### **Day 4 — Nervous System Reset & Inner Peace**

A quiet shoreline walk invites stillness, followed by a gentle Hatha and Kundalini flow and breakfast. The day remains spacious, giving you time to rest, reflect, or enjoy a spa treatment. Mindset coaching supports you to reconnect with what truly matters. You end the day with restorative yin and yoga nidra, bringing deep relaxation before dinner at the resort.

### **Day 5 — Return to Nature (Havelock Island)**

After breakfast, journey to Havelock Island and settle into your beachfront surroundings. Explore the beauty of Kalapathar and Radhanagar beaches, with time to walk, swim, and take in the ocean air. Capture the moment during a sunset photography session, before enjoying dinner at the resort and a relaxed bonfire under the stars.

**Day 6 — Spacious Restoration**

Begin with breakfast before heading to Elephant Beach, where you can snorkel and enjoy time in the clear, calm waters. The afternoon is yours to rest, swim, or simply slow down and do nothing at all. In the evening, enjoy dinner at the resort followed by a peaceful bonfire and deeply relaxing yoga nidra beneath the night sky.

**Day 7 — Integration & Celebration**

After breakfast, return to Port Blair and take time to reflect on your journey. Visit Chidiya Tapu for coastal views and a beautiful sunset experience. As the sun sets, gather for a closing circle to honour your growth and everything you've experienced. The evening continues with a joyful celebration dinner at the resort.

**Day 8 — Carrying It Home**

Your final morning begins with gentle yin yoga and a relaxed breakfast, allowing you to soak in the last moments of the retreat. As you depart, you carry a sense of calm, clarity, and a deeper connection to yourself.