



'Just Add Light'

Retreat in Cambodia

Oct 3rd – 8th 2016



Join Julie and Diana on a personal & spiritual growth adventure, purifying your body, mind and soul through yoga, meditation and vegetarian food, guiding you to raise your vibration and connect with your higher self.

The first part of this journey begins in Phnom Penh on Oct 2nd where we meet as a group and dine at 'Romdeng Restaurant'. On the morning of the 3rd we will travel 3½hrs to Kep by minivan to our home for the next 5 nights, 'The Vine Retreat'.

The Vine is set in rural Cambodia on a Pepper Plantation and organic farm with magnificent views of for miles.



Julie & Diana will guide 2 yoga sessions and 2 meditation sessions daily and you will receive a 30 minute Intuitive Vibrational Session. We will explore the surrounding area by travelling into Kep for an afternoon, ride bikes into the local village and trek into the forest where will stop to enjoy the magnificent views to Vietnam.

On the 6th day we will return to Phnom Penh for a night where you will have the option of leaving us there or joining on a second part of an adventure in Cambodia.

This journey we will travel to Siem Reap by bus or van and stay at the luxurious Navutu Dreams for 4 nights, partake in yoga and meditation daily, visit Angor Wat and the many experiences you can enjoy in this area.



Option 1: When: Kep Retreat Oct 3rd – 8th

Single Room: \$895 Share Room \$775

Includes accommodation, all meals @ The Vine, 2 x yoga & meditation sessions daily, a 30 min healing & transport to and from Phnom Penh.

Option 2: When 9th – 12th

Single Room: \$975 Share Room: \$575

Includes transport to Siem Reap, 4 nights Accommodation, 1 x Yoga and Meditation session daily and breakfast.

NOT INCLUDED – Airfares & accom & meals in Phnom Penh.

For more information please contact Julie on 08 8552 8229 or 0488997692 or email: justaddlight@outlook.com