



JUNGLE YOGA THAILAND

KHAO SOK NATIONAL PARK, SURAT THANI

06 – 14 MARCH 2025
WITH ARAM RAFFY



Join Aram for an eight day retreat in Thailand's protected primary rainforest of Khao Sok.

This retreat has been designed for complete immersion in the natural world – nestled amongst towering mountains, in the heart of the jungle, this unique venue floats upon a pristine freshwater lake.

Free from: Distraction. Free from: Mosquitoes.

Here you will disconnect from the usual trappings of the modern world.
A total digital detox.

Twice-daily yoga classes with Aram invite you to deepen your physical and meditation practice.

The rest of the time is yours to nourish your body with delicious Thai meals, celebrating local ingredients; to enjoy traditional Thai yoga massage from expert practitioners; to explore the beautiful surroundings with long hikes in remarkable rainforests, along rugged coastlines; swim; kayak for miles, seek out the unique wildlife; or do the most transformational work of all ... nothing.





Contents

Aram & The Practice	8
The Venue	10
Schedule	12
Room Options & Pricing	15-16
Terms & Conditions	17
Meals	20
Other Activities	23
Getting There	26
Contact	29





Aram & The Practice

A native Londoner, Aram Raffy teaches locally and internationally to students and practitioners from all walks of life.

A keen student of philosophy, psychology, anthropology and anatomy, Aram seeks to pass on the spiritual essence of Yoga through a powerful physical practice, deep conscious breath-work and meditation. Classes are infused with music, hands-on assists, and an unmistakable sense of humour.

The practice is dynamic, challenging and all inclusive. His nature is generous, encouraging and he seeks to help all students to harness their deeper potential.



The Venue

Frequented year after year by world renowned yogis,
this remarkable retreat venue is one of a kind.

Situated in the Khao Sok National Park – one of the last primary rainforests in existence today, more ancient and richly biodiverse than the Amazon – the uniquely designed bamboo structures (bungalows, yoga shala, restaurant, all interconnected by floating walkways) float atop the pristine freshwater Khao Sok Lake, surrounded by towering limestone cliff formations, and the unbridled jungle.

Particularly in March, expect the air to be warm, the water to be refreshing. The park is a gibbon ape sanctuary, surrounded by a multitude of wildlife. Due to the Limestone Karsts with their high calcium content in all local water sources, this area is famously free from mosquitoes.

This venue has been designed to create full immersion in the natural world. Here you can disconnect from your devices for a total digital detox. The venue proudly offers no wifi or cellular services – one of few disappearing places on Earth where you can isolate yourself from the constant assault on our attention by the digital world. Lose yourself in nature, to reconnect with your true nature.





06 - 14 March 2025

The retreat group will meet at Surat Thani Airport on the morning of 06 March, and will be transferred back to Surat Thani Airport on the morning of 14 March. *Further details on travel below.*

Typical Daily Schedule

Dynamic Morning Practice
Morning classes will be a strong, energising, uplifting style of Astanga vinyasa-krama.

Breakfast

Free time and/or optional activities
Details below

Lunch

Restorative Practice + Meditation
Evening classes will be a slower, restorative practice with an emphasis on meditation.

Dinner





Mornings will begin in the floating shala with a strong, energising, uplifting style of Astanga vinyasa-krama. Designed to maximise immersion in the natural world, this wooden structure features folding glass-panelled doors that open on all four sides to create a large open airy room with limitless views. Students are encouraged to bring their own yoga mat, although the venue does provide studio mats, along with bolsters, props, and belts.





Room Options

The venue has a variety of accommodation options – *further details on the following page.*

A high standard of comfort and simplicity is the order of the day here, getting back to a simple natural rhythm of life.

Each bungalow is simply furnished— wooden bed frame, good mattress, bedding, pillows and towel.

All guests are offered their own bungalow. You have a choice of en suite or shared bathroom facilities.

All bungalows offer stunning cliff and/or lake views, and space on the front deck for a hammock nap.

Your specific room will be allocated at the time of booking, with preference being given on a first-come, first-serve basis.



All inclusive pricing

Jungalows | These are retro style bungalows. One large bed. Shared bathroom facilities. £1395 per person

Shared Double | Two large double beds. Great for two friends would like to bunk together. Private en suite bathroom. £1495 per person

Deluxe | One king size bed. Roomiest option for single occupancy – and nice for couples sharing a bed. Private en suite bathroom. £1495 per person (if shared between two people) / £1695 per person (for single occupancy)

What's included in the price:

- Accommodations (8 nights)
- Meals
- Yoga
- Kayaks
- Group airport transfer between Surat Thani Airport & the retreat venue

What's not included:

- Flights
- Travel insurance (recommended)
- National Park registration fee of 300THB (~ £8 approx), paid on arrival
- Optional activities – e.g. massage treatments (*More info below*)

Contact Aram with any concerns around financing – concessions for those with low or unstable income may be available.



Terms of Payment

A deposit of £550 is required to reserve your space.
Balance of payment required by 06 January 2025.

Any cancellations made before 06 January 2025 will be fully refunded (less the above deposit). We will endeavour to treat any cancellations made after 06 January 2025 as sympathetically as possible, offering refunds in cases where the vacancy can be filled however, if a replacement is not found, deposit(s) paid according to payment schedule will be retained. Cancellation of your booking, for whatever reason, should be notified in writing by email. In the highly unlikely circumstance that the organiser has to cancel the event, all payments will be refunded.

It is recommended that all participants have appropriate insurance.







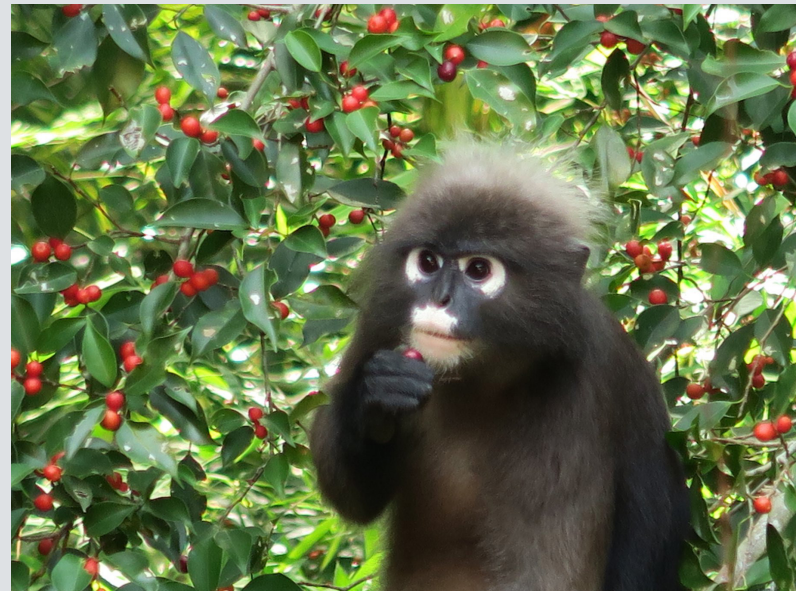
Meals

True to Thai tradition, nourishment is key.

All meals are hearty, delicious Thai food creations, made with local ingredients, with a strong emphasis on nourishing whole foods. Most dishes are naturally vegan – featuring rainforest grown vegetables – and local freshwater fish is also available.

We will eat communally with snacks and beverages available throughout the day as well.

Please advise in advance if you have any specific allergies or dietary requirements – all dietary needs will be accommodated for.









Additional activities

The retreat venue is sublimely situated for exploring.

Aside from daily swims (as well as bathing – with eco friendly soap!) in the lake, and long naps in your hammock, you may spend the afternoons paddling the pristine waters (kayaks are tethered to your bungalow for use throughout your stay); exploring local caves; snorkelling; or hiking through the rainforest.

Traditional Thai Massage therapists will be available to help you relax, rejuvenate and re-energise throughout your stay.*

Boat & raft excursions, which tour throughout the national park, are available with official park rangers, as well as guided hikes through the wildlife sanctuaries.*

**These activities can be arranged at additional cost.*







Getting There

We recommend flying into Bangkok International Airport, and booking a short connecting flight to Surat Thani Airport.

The retreat venue is conveniently located in the middle of nowhere – therefore, group transportation from this point onwards is included.

The group will meet at Surat Thani Airport on the morning of 06 March.

Together – via road, then via boat – we will make our way to the retreat venue, which is deep in the national park (welcome to the jungle!)

The group will be transferred back to Surat Thani Airport on the morning of 14 March.

(Whilst it is possible to make your way to/from the retreat venue outside of the group transportation, given the remoteness of this special place, and limited mobile reception in the region, this is not advised and will incur additional cost)







Contact for bookings and inquiries
info@aramyoga.com