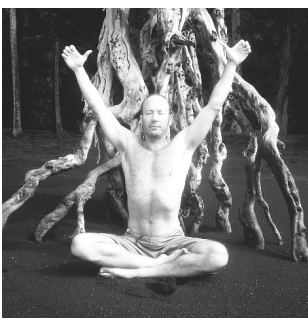


CC's Hideaway
presents



Jared Sam is a wisdom-seeking yogi, global adventurer, and lomilomi massage therapist based on the Big Island of Hawaii. He is known for his sweet spirit and soothing guidance on the mat, and offers grounding and energizing flow sequencing in his current vinyasa, yin yoga classes and annual retreats.



Dennis Dehler. One of the main benefits of yoga is a focused mind and Dennis believes that Kundalini Yoga is the quickest and most effective way to practice disciplining your mind. His gentle approach focuses on opening the energy centers in the body with Kundalini exercises. He has studied with Kundalini master Gurmukh and completed Yogi Bhajan's Kundalini training in 2005. He lives in Hawaii where he teaches yoga and practices Lomilomi massage.

YOGA RETREAT

for men on tropical Phuket Island

9 - 15 OCTOBER 2015

GO THAI. BE FREE

DAILY YOGA CLASSES

with Jared Sam & Dennis

Pranayama - Chanting, Meditation, Kundalini, Vinyasa & Yin yoga

DAILY ATTRACTIONS

see what Phuket can offer

Big Buddha & Chalong Temple, thai cooking class, SPA visit, Phuket viewpoints, thai massage and more

HEALTHY NUTRITION

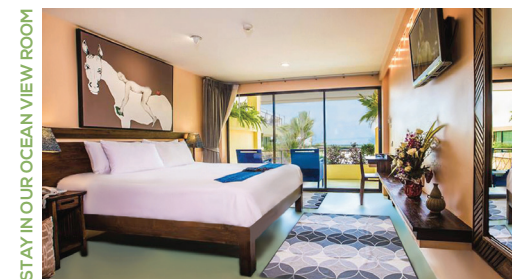
3 meals daily

Healthy breakfast, lunch and dinner, fresh squeezed juice daily

TOURS & TRANSPORTATION

feel free and see the best

Phi Phi Islands tour on a speedboat, Coral Island tour on a speedboat, airport transfer, beach shuttle



STAY IN OUR OCEAN VIEW ROOM

Rates:

FOR 1 PERSON
SINGLE ACCOMMODATION
..... 1,500 USD

FOR 2 PERSONS
DOUBLE ACCOMMODATION
..... 2,750 USD