

Simply Divine Retreats
Itinerary - New Life Spiritual Retreat
Koh Pha-Ngan, Thailand
February 18 - 25, 2023

Friday, February 17th, 2023

Arrive at Koh Samui mid afternoon and head to ferry to take you to Koh Phangan; find your own lodging for this night.

If your flight arrives to Koh Samui after 6 pm:

- You will need to overnight as the last ferry leaves for Koh Phangan at 6 pm
- Take morning ferry (Feb 18) to Koh Phagan after breakfast ie 10:30 am & arrive to Koh Phangan by 11:15 am
- Take a taxi to resort (approximate cost is 200 Bhat (CDN \$8))

Saturday, February 18th, 2023

12 noon - 2 pm: Check-in to your resort; find a nearby restaurant and lunch by the sea, rest, swim & unpack

Meet & Greet:

5:00 pm: Group Gathering on beach (with mic)
Introduction to retreat, orientation around the island

5:45 pm: Sunset Puja

7:00 pm: Dinner & meditation

9:00 pm: Mahashivaratai celebration meditation + Satsang (ava) under the stars with Shiva Mantras

Sunday, February 19th, 2023

7:00 am: IntroPranayama (30 min)

Intro Himalayan Hatha (1 hour)

8:30 am: Breakfast: find a nearby restaurant

11:00 am - 1:00 pm: Journal/ Meditate (what old to release)
(Ecstatic Dance)

1:00 pm: Lunch (find a nearby restaurant) & rest, freetime

2:00 pm - 4:00 pm: Individual Sessions

4:30 pm - 6:00 pm: Group Satsang
Discuss what has been journaled, receive techniques

6:00 pm: Sunset Puja, Sanskrit Mantras

6:30 pm: Group meditation (guided and silent)

7:00 pm: Dinner (find a nearby restaurant)

Rest

Monday, February 20th, 2023

7:00 am: Intermediate Pranayama with full body movements

7:30 am - 8:30 am: Himalayan Hatha (should be video recorded for students to remember)

8:30 am: Breakfast
11:00 am - 1:00 pm: Journal / meditate on what you wish your New Life to be like
1:00 pm: Lunch (find a nearby restaurant) + Rest + individual sessions
4:30 pm - 6:00 pm: Group Satsang Discussion, Questions & Answers, Himalayan knowledge sharing
6:00 pm: Sunset Puja & Meditation (guided & silent)
7:00 pm: Dinner (find a nearby restaurant)
8:00 pm: Mantra initiation & silent meditation (practice)
9:00 pm: Rest

Tuesday, February 21st, 2023

7:00 am: Advanced Bandas Pranayama
7:30 am - 8:30 am: Himalayan Hatha (Leg stretches)
8:30 am: Breakfast (find a nearby restaurant)
10:00 am - 4:00 pm: Explore island, waterfalls, and / or beaches
5:00 pm: Group Satsang: New World knowledge
6:00 pm: Group Meditation and Sunset Aarti
7:00 pm: Dinner and live music
10:00 / 11:00 pm: Rest

Wednesday, February 22nd, 2023

7:00 - 8:30 am: True essence of Kriya Yoga, Chi-Gong, Cosmic Dance - Free flow movement of energy through body, connection to universe, all elements of nature and your own divinity. To mantra / music
8:30 am: Breakfast (find a nearby restaurant)
10:00 am - 4:00 pm: Explore island: Mae Haad Beach, North (wild nature), South (white sand, parties)
5:00 pm: Group Satsang: Inner Kriya Yoga knowledge, self-purification, meditation on self
6:00 pm: Puja + Group meditation (higher)
7:00 pm: Vegan dinner + Live stand-up comedy (open mic)
10:00 pm: Rest / Practice cosmic dance at a local dance party on the beach with international DJ's

Thursday, February 23rd, 2023

7:00 am: Full set of Pranayama
7:30 - 8:30 am: Full set of Himalayan Hatha (Ancient / Original Hatha Yoga) + balancing/meditation poses
8:30 am: Breakfast (find a nearby restaurant)
10:00 am - 4:00 pm: Swimming / meditating, journaling, concluding individual sessions: How you would like your new life to be? Guru Puja & Group Satsang
5:00 pm: Advanced Kriya Yoga knowledge.
Higher Spiritual Knowledge from Dhairya's 15-year Himayan Sudhana and spiritual Masters, mantra Initiation.

7:00 pm: Interactive space - Questions & Answers
Dinner by the sea with live music
10:00 pm: Rest

Friday, February 24th, 2023

7:00 am: Silent Himalayan Hatha with inner Mantra repetition, yogic integrating
yoga breathing Pranayama & Meditation
9:00 am: Breakfast (find a nearby restaurant)
10:00 am - 4:00 pm: Last Day: Explore, shop, snorkel, eat, last wishes, concluding individual
sessions
5:00 pm: Concluding Group Satsang + Puja
7:00 pm: Dinner + Dance + Rest

Saturday, February 25th, 2023

7:00 am: Last Aarti, guidance and techniques for future life, Q&A
9:00 am: Breakfast (find a nearby restaurant)
10:00 am: Goodbyes & last blessings (testimonials)

Other activities during your stay

- Evening: Off time: Thai Massage available on our beach for \$13
- Wellness centre visits
- Sightseeing
- Swimming in the ocean
- Waterfall visits
- Dancing
- Comedy nights out
- Great dining around the island

