



100HR VIKASA REFRESH RETREAT FACT SHEET

The Vikasa Academy hosts one 100hr Refresh Retreat each year at our flagship Vikasa Yoga Retreat in Koh Samui.

TRIPADVISOR
376 5-star reviews

GOOGLE
172 5-star reviews

"The word 'Refresh' doesn't give this experience justice. It was so much more. An elevation, an awakening, a reconnection." - Cydney

100HR YTT SNAPSHOT

Class Size:

15-20 people

Yoga Style:

The Vikasa Method
(Hatha Yoga lineage)

Training Length:

13 nights / 14 days

Accommodation:

- Private rooms with shared bathrooms
- Private en suite rooms

Food:

Twice-daily abundant healthy buffet meals & afternoon snacks for 14 days

Plant-based (seafood options 2-3 times a week)

World-class Vikasa Life café-restaurant & award-winning vegan chef

Skill Level:

Open to anyone. No prior experience is required.

Teacher to Student Ratio:

1 teacher to every 5 students

Certification:

This counts as 100 hours of continuing education with Yoga Alliance

Starting Price:

\$1,900

WHO IS THIS FOR?

100hr Refresh is part retreat, part yoga teacher training. This unique offering is designed to invite anyone to experience a true yoga immersion in an extended retreat format. It is ideal for anyone who has always wanted to embark on a yoga teacher training, but may not be able to take a full month away, or have the resources for the extended 200hr training. It is also ideal for anyone who has already done a yoga teacher training but is craving a refresher course to get their knowledge back up to speed and regain their confidence in front of a class.

Refresh is led by our senior teaching team and small numbers allow for an intimate journey with plenty of personalized support. There are no exams and no pracs. The content is a condensed version of our 200hr foundational course - the 'best of the best' in a compact and accessible format.



"Top 10 Yoga Retreats in the World"

- Yoga Journal

"Thailand's Premiere Yoga & Wellness Destination"

- The Guardian

THE EVOLUTION OF YOGA

YOUR INCLUSIONS

- 13 nights / 14 days private accommodation
- Twice-daily abundant buffet meals (brunch and dinner) Plant-based with seafood options 2-3 times per week. Plus daily light snack. Enjoyed in the world renowned Vikasa Life Café with meals designed by our award-winning vegan chef.
- Global teaching team with the best teacher to student ratio of any other yoga teacher training
- Training manuals and materials to support you on site and beyond your time at Vikasa
- Unique training modules designed to support your personal and professional development and evolution
- Graduation afternoon by the infinity pool with certificates, snacks and photos
- Learn the Vikasa Method, our signature yoga style that allows you to teach thorough, well-rounded, immersive, strong yet accessible classes for all levels
- Develop your own self practice with a daily morning class with asana, mediation, pranayama, and kriyas
- Anatomy, philosophy and sequencing workshops
- Afternoon chill and restorative classes for you to relax and unwind
- Additional evening events including gong bath, kirtan, ecstatic dance
- Photographer and videographer on site to provide high-resolution images plus opportunities for private personalized photo shoots
- Be immersed within a yoga retreat space where every element has been curated for your yoga journey and personal evolution
- The largest clifftop, ocean-view yoga sala in Thailand
- High-quality Vikasa-branded mats, props and materials
- Access to all Vikasa amenities included infinity pool, private secret beach, Vikasa Life Café and four yoga salas
- Filtered water, tea and coffee, additional healthy afternoon snacks, plus full à la carte cafe menu to order from anytime
- Unlimited access to all Vikasa public yoga classes during your training program if you wish for additional classes on days off
- Activities including waterfall meditation hike and optional adventures around the island
- Full hotel team on site for housekeeping and maintenance plus reception team to easily organize transportation, laundry and anything else needed
- 24 hour security on site
- Full spa on site for optional spa, massage and holistic healing treatments
- Airport pick up from Koh Samui airport
- Lifetime discounts and special offers for Vikasa training programs and retreats
- A community of like-minded people who share your values and are there to support, inspire and encourage you every step of the way
- Vikasa tote bag with special goodies for your training
- Fast wifi in all rooms, salas and public spaces
- Experience life in beautiful Thailand with a rich and exotic culture and atmosphere





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VIKASA YTT100 REFRESH SAMPLE WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRACTICE 07:00 - 09:30	PRACTICE 07:00 - 09:30	PRACTICE 07:00 - 09:30	PRACTICE 07:00 - 09:30	PRACTICE 07:00 - 09:30	WATERFALL HIKE & MEDITATION 07:00 - 09:30	
BRUNCH BREAK 09:30 - 11:00	BRUNCH BREAK 09:30 - 11:00	BRUNCH BREAK 09:30 - 11:00	BRUNCH BREAK 09:30 - 11:00	BRUNCH BREAK 09:30 - 11:00	BRUNCH BREAK 09:30 - 11:00	
BREAK 11:00 - 13:00	BREAK 11:00 - 13:00	BREAK 11:00 - 13:00		BREAK 11:00 - 14:30	BREAK 11:00 - 13:30	
INTRO & OVERVIEW 13:00 - 14:00	TEACHING (Optional) 13:00 - 14:00	TEACHING (Optional) 13:00 - 14:00				DAY OFF
BREAK	BREAK	BREAK			WORKSHOP Adjusts & Assists 13:30 - 15:30	
THEORY Evolution of Yoga 14:00 - 16:00	WORKSHOP Pranayama 14:00 - 16:00	THEORY Evolution of Yoga 14:00 - 16:00	WORKSHOP Asana Coaching 14:00 - 16:00	THEORY Sequencing 14:00 - 16:00		
BREAK	BREAK	BREAK	BREAK	BREAK	BREAK 15:30 - 17:00	
PRACTICE 17:00 - 18:30	EXPERIENCE 17:00 - 18:30	PARTNER YOGA 17:00 - 18:30	YOGA NIDRA 17:00 - 18:30	PARTNER YOGA 17:00 - 18:30	CHILL 17:00 - 18:30	
DINNER 18:30	DINNER 18:30	DINNER 18:30	DINNER 18:30	DINNER 18:30	DINNER 18:30	

Visit www.vikasa.com for more details and application

First 5 sign-ups receive \$250 off

Refresh runs only once a year - don't miss out!

Contact us at: inspire@vikasa.com

THE EVOLUTION OF YOGA