VIKASA VIKATION FACT SHEET

Vikation is our classic Yoga Retreat. Available 365 days a year, select your dates and duration and join us for a rejuvenating stay in breathtaking Koh Samui.

"Vikasa is a truly magical place. I've just returned from my third Vikation. The quality of the yoga classes, the food, the views, the staff- everything is truly exceptional and life transforming."
- Sandra

TRIPADVISOR	GOOGLE
376 5-star reviews	172 5-star reviews

VIKATION SNAPSHOT

Retreat Your Way:
Flexible by nature so you can curate your dream retreat

Yoga Style:
Unlimited access to all yoga classes- Complete, Flow, Chill, Align and Sound

Training Length:
Check in and out anytime. Minimum 3-night stay.
Available year-round

Accommodation:
Vikasa offers a selection of accommodation to suit different needs and preferences. Yoga Cave Plus option is a private single room with shared bathroom facilities. The Lotus Pad and Prana Cabana options are large rooms with private ensuite bathrooms, many with private balconies and stunning ocean views

Food:
Abundant healthy meal sets included - brunch and dinner
Plant-based menu (seafood options 2-3 times a week)
À la carte Menu also available with drinks, snacks, mains and desserts

Skill Level:
Vikations are open to anyone. No prior experience is required. Beginners are more than welcome

Retreat Key Focus:
Unwind, rejuvenate and enjoy a healthy yoga vacation in stunning natural surroundings alongside a vibrant yoga community

Wellness Modalities:
Vikations includes yoga, meditation, pranayama, sound healing, ecstatic dance, evening mindfulness talks and yoga workshops. Optional to add spa/holistic treatments, ice bath experience, waterfall hike and island adventures

Starting Price:
$700 USD for 3N/4D (*pricing depends on seasonality and room selection)

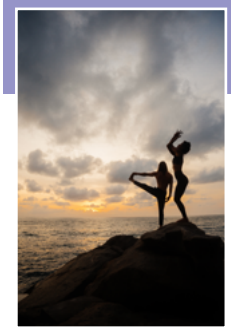
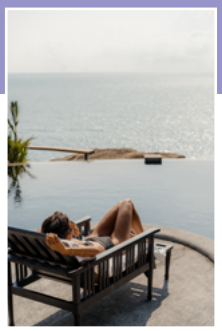
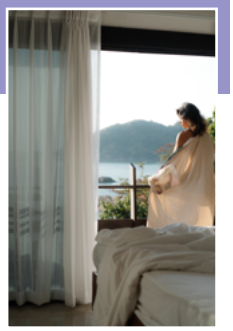
WHO IS THIS FOR?

Vikation has been designed for anyone seeking a healthy yoga escape in a tropical island paradise. With no set dates and no obligations, you're free to create your own schedule.

Enjoy unlimited access to all yoga classes suited to all levels, delicious healthy brunch and dinner and unlimited access to all Vikasa facilities including the Life Café, infinity pool, secret beach, Vita Spa and tropical gardens. Optional weekly evening mindfulness talks and yoga workshops are also included for those keen to meet other guests and deepen their yoga practice.

Optional weekly activities such as a waterfall hike and ice bath journey are also available for those wanting to see more of Koh Samui and try something new. Free time is left to you to fill as you please- lazing by the pool with a cold coconut, meeting new friends, or opting for a massage in the clifftop pagodas. Staff are on hand to help you organize any additional island adventures.

Room options are aplenty to cater to all needs and budgets. Relax, unwind and treat yourself to the perfect affordable yoga escape.

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YOUR INCLUSIONS

- Private accommodation based on your selection
- Twice-daily abundant meal sets (brunch and dinner) Plant-based with seafood options 2-3 times per week.. Enjoyed in the world-renowned Vikasa Life Café with meals designed by our award-winning vegan chef
- Unlimited group yoga classes in the White Prana Sala
- Additional evening events including sound healing and ecstatic dance
- 2 x weekly yoga group workshops to introduce you to the Vikasa Method
- 2 x evening talks with a meet-and-greet and a mindfulness discussion
- Optional activities including waterfall hike, ice bath and island adventures (extra cost)
- A community of like-minded people who share your values and are there to support, inspire and encourage you every step of the way
- Experience life in beautiful Thailand with a rich and beautiful culture and atmosphere
- 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, plus full à la carte cafe menu to order from anytime
- Optional spa treatments and holistic therapies that can be added to any stay
- 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
- Lifetime discounts and special offers for Vikasa programs and retreats
- Fast wifi in all rooms, salas and public spaces
- Be immersed within a yoga retreat space where every element has been curated for your yoga journey and personal evolution

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WEEKLY YOGA WORKSHOPS

Every week we offer two yoga workshops that are included in your stay.

Vikasa Method Workshop: Learn the key Vikasa techniques practiced in our signature Complete classes in a workshop setting. Techniques, practices and features such as kapalabhati, nauli, mudras, bandha engagement, the Vikasa music and long asana holds are explained and checked.

Advanced Asana Workshop: Learn how to advance your asana practice in a workshop setting under the guidance of Senior Vikasa teachers. Each workshop is focussed on a specific asana or family of asanas, and instruction is given about how to practice the basics and how to progress and advance for all levels.

WEEKLY EVENING EVENTS

Every week at Vikasa we host two evening talks to help you to meet other guests and also learn a little more about a yoga topic.

Meet and Greet - a chance to meet other fellow guests and experience the Vikasa community.

Get a Mindful: a weekly conversation on a different yoga topic. Come and join the conversation and learn something new.

Gong: experience the large gong which offers varying levels of powerful sound waves to encourage deep relaxation and even an improved night's sleep.

Sound: offered with traditional sound bowls and layers of vibrating sound which allow the mind to become still and for emotions to rise gently to the surface.

Ecstatic Dance: A guided journey through music and dance designed to help you move inwards and find freedom and expression through movement.

WEEKLY VIKASA EXPERIENCES

Waterfall Hike: Join our weekly waterfall adventure! Enjoy a lush walk through breathtaking natural surroundings before reaching the cascading falls. Swimming is permitted in the waterfall, or simply enjoy the views.

Ice Bath Journey: Our Vikasa wellness practitioner will guide you first through a breathwork session to prepare you to remain calm and focused when you immerse yourself in the ice. This will be followed by several ice bath sessions and a warm plunge pool to fully relax and integrate.

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RETREAT YOUR WAY

Have something else in mind for your yoga retreat?
A Vikation allows you to retreat YOUR way.

Indulge in clifftop massages in our stunning Vita Spa.
Opt for a private yoga class with one of our experienced
Vikasa teachers to take your practice to new heights.
Visit a local elephant sanctuary or experience
the spectacular cultural temples of the island.

If you're craving a more relaxed stay,
poolside siestas, cold coconuts and plenty
of sunshine are always on offer too.

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VIKASA VIKATION SAMPLE WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	VIKASA COMPLETE 07:00 - 09:00	VIKASA COMPLETE 07:00 - 09:00	VIKASA COMPLETE 07:00 - 09:00	VIKASA COMPLETE 07:00 - 09:00	VIKASA COMPLETE 08:00 - 10:00	VIKASA COMPLETE 08:00 - 10:00
ALIGN YOGA CLASS 09:15 - 10:45	FLOW YOGA CLASS 09:15 - 10:45	ALIGN YOGA CLASS 09:15 - 10:45	FLOW YOGA CLASS 09:15 - 10:45	FLOW YOGA CLASS 09:15 - 10:45	BRUNCH BREAK 10:00 - 11:30	BRUNCH BREAK 10:00 - 11:30
BRUNCH 10:45 - 11:30	BRUNCH 10:45 - 11:30	BRUNCH 10:45 - 11:30	BRUNCH 10:45 - 11:30	BRUNCH 10:45 - 11:30		
VIKASA METHOD WORKSHOP 15:00 - 16:00		WATERFALL HIKE* 12:30 - 16:30 or ADVANCED ASANA WORKSHOP 15:00 - 16:00		ICE BATH EXPERIENCE* 15:00 - 16:00		
FLOW YOGA CLASS 17:00 - 18:30	CHILL YOGA CLASS 17:00 - 18:30	FLOW YOGA CLASS 17:00 - 18:30	CHILL YOGA CLASS 17:00 - 18:30	FLOW YOGA CLASS 17:00 - 18:30	CHILL YOGA CLASS 17:00 - 18:30	
DINNER 18:30 - 19:30	DINNER 18:30 - 19:30	DINNER 18:30 - 19:30	DINNER 18:30 - 19:30	DINNER 18:30 - 19:30	DINNER 18:30 - 19:30	
MEET & GREET 19:30 - 20:15	GONG 19:30 - 20:15	MINDFULNESS TALK 19:30 - 20:15	SOUND 19:30 - 20:15		ECSTATIC DANCE 19:30 - 20:15	

*Retreat will commence on your arrival day, there are no set check in/check out days
*This is a sample schedule and all events are all optional
* *denotes additional cost

Visit **www.vikasa.com** for more details and booking
Or contact us at: **stay@vikasa.com**