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Adventure Yoga Retreat

UNPLUG &
CONNECT

with

Claudia Gallo

long weekend of
APRIL 28-30

from RM 1,200 all inclusive



Join me in this unforgettable "Glamping Adventure Yoga retreat". Step out of your weekly hustle and into surrounding yourself with nature, creating new experiences and finding your inner peace.

We will be staying at The Sticks eco-resort tucked away in the rainforests of Kuala Kubu Bharu in Hulu Selangor district. Surrounded by verdant greenery and located beside streams and a river. The Glamping accommodation are called 'tendoks', which are a cross between a tent and a pondok (hut in Malay).

We will have daily Yoga classes combined with extreme adventures like whitewater rafting to get you out of your comfort zone, or simply enjoy a relaxing dip in the river.

Enjoy a long lazy nap in your tendok as the delicate afternoon breeze lulls your senses away. Get ready to let go of fears, and jump into a weekend to remember and share.

Love & Light
Claudia

- **28 April - Saturday**
- 2.00PM Arrival and briefing
- Check in
- 3.00PM Exploring surroundings
- Afternoon tea
- 4.00PM Opening of retreat
- Yoga: Yin Yang & meditation
- 7.00PM Dinner

- **29 April - Sunday**
- 7.15AM Coffee & tea
- 7.45AM Yoga: Energizing, grounding flow
- 9.00AM Breakfast
- 9.30AM Whitewater rafting
- 1.30PM Lunch
- Rest & chill
- 5.00PM Yoga: Yin, pranayama, meditation
- 7.00PM Dinner

- **30 April - Monday**
- 7.30AM Coffee & tea
- 8.00AM Yoga: Energizing, grounding flow
- 9.00AM Breakfast
- 10.00AM Silent trekking
- 12.00PM Check out
- 12.30PM Lunch
- 1.00PM Closing of retreat



Package pricing

The retreat is all inclusive and your price depends on selection for accommodation. Available options with pricing is listed on next page. To reserve a spot a RM400 deposit is required.

What's included

- 2 nights, 3 days at The Sticks
- Breakfast, lunch and dinner
- Morning and afternoon coffee/tea
- 4 Yoga classes (two on Sunday)
- Whitewater rafting trip
- Intermediate trekking trip

What's not included

- Transport to and from The Sticks
- Sodas or other drinks and snacks

What to bring

- Yoga mat (ask if you need to borrow)
- Yoga clothes
- A water bottle for refill
- Mosquito repellent
- Sunscreen & swimwear
- Comfy shoes for hiking
- A good book
- Good vibes and a curious soul

How to get there...

...by car

If you're driving from KL, just key in 'The Sticks' into any navigation app and you'll be able to find your way there. Without traffic, the car journey to or from KL takes less than 2 hours.

...with Uber or Grab

You can also take an Uber or Grab there (We can share one if needed), and they will arrange for another Uber to be there otw back.

...by train

Alternatively, if you're up for some adventure (and a cheaper transit), you can catch the train to KL Sentral. From there, get on a commuter KTM train to the Kuala Kubu Bharu (KKB) KTM station. You'll be able to find the train schedule for this particular route on Google Maps. Once you arrive at the KKB KTM station, you can get a taxi up to The Sticks which usually costs about RM35 and will take about 30 minutes.



Classic Rustic Tendok "The First"

One double bed without bathroom (shared). Best suited for a couple or two friends.

Single RM 1,500

Shared RM 1,200



Classic Rustic Tendok "The Bench"

Two single beds without bathroom (shared). Best suited for singles.

Shared RM 1,250



Riverside Tendok

One double bed with private bathroom. Suited for couples or two friends who require own bathroom.

Single RM 1,650

Shared RM 1,350



King Riverside Tendok

Sleeps 4 in two double beds with private bathroom. Suited for one group or as a singles "dormitory".

Shared RM 1,300



This tendok is being built at the time of writing, so the above picture is for illustration purposes only.





Limited spots available

To create an intimate experience the retreat is limited to just 10 participants and the first spots have already been reserved - so make sure to book as early as possible. To ensure your spot, a deposit of RM400 is required.

Inquiries and booking

If you are ready to secure your spot or have any questions, contact me directly at:

claudiagalloyoga@gmail.com

I am looking forward to sharing this unique experience with you.

*Namaste
Claudia*

