



**FEED YOUR
SOUL RETREAT**
ALL - INCLUSIVE YOGA PACKAGE
FOR YOU

27 - 30 SEPTEMBER 2018
BY LAURENCE ROUFART

Thanyapura's new yoga retreat package offers a truly holistic experience for guests looking to ensure their wellbeing. The retreat includes a unique combination of activities and lessons that are designed to improve mood and enhance self-awareness. The 4-day program includes meditation sessions, different yoga styles, pilates workouts, Ayurveda introductory class, nutrition workshop, massage, and restorative singing bowl experience. It also features a sunrise beach yoga session and delicious raw vegan meals throughout the stay.

During their stay, guests also receive full access to the Fitness Centre and 500m outdoor running track, unlimited access to Thanyapura's fitness and wellness group training classes (detailed in the monthly program), along with daily access to Thanyapura's Lifestyle Locker Rooms, which include an infrared sauna, steam room, and hot and cold jacuzzi pools.

Additional optional services that are charged separately include Ayurvedic treatment, angel of water, one-on-one Nutrition consultancy, one-on-one Mind Coaching, one-on-one fitness training, physiotherapy and chiropractic treatments.

Pricing

Single: THB 23,855 / Person / Stay
Double: THB 21,345 / Person / Stay
Non-stay: THB 17,180 / Person / Stay

THANYAPURA HEALTH & SPORTS RESORT

120, 120/1 Moo 7, Thepkasattri Road, Thalang,
Phuket 83110, Thailand

Contact Us: info@thanyapura.com, +66 7633 6000

[f thanyapura](#) [@ thanyapuraphuket](#) [www.thanyapura.com](#)



#OPTIMISEYOURLIFE



THANYAPURA PHUKET

Yoga Retreat Program by Laurence Roufart 4 days / 3 nights

DAY 1 THURSDAY, 27 SEPTEMBER 2018		
Time	Activities	Location
14:00 - 15:00	Check in	Hotel Reception
15:30 - 16:30	Tour of the facility and introduction to the program	Thanyapura
16:45 - 18:00	Yoga session by Delphine	Yoga Studio (Wellness)
18:00 - 19:30	Free leisure time	
19:30 - 21:00	Welcome dinner with health talk on raw veganism	Khun Khao
DAY 2 FRIDAY, 28 SEPTEMBER 2018		
Time	Activities	Location
07:15 - 08:00	Meditation session	Meditation Hall
08:00 - 09:00	Light breakfast	DiVine Restaurant
09:30 - 10:30	Fitness session - Core Class	Fitness Corner
10:30 - 12:00	Free leisure time	
12:00 - 14:30	Mindful meal workshop and nutrition	The Lounge
15:00 - 16:00	Ayurveda health talk	The Lounge
16:00 - 18:00	Free time consultation with Dr. Gupta	Wellness
19:00 - 21:00	Dinner (Open)	Casa Toral
DAY 3 SATURDAY, 29 SEPTEMBER 2018		
Time	Activities	Location
07:15 - 08:00	Meditation session	Garden Wing
08:00 - 09:00	Pilates with soft ball by Laurence	Yoga Studio
09:15 - 10:00	Breakfast	DiVine Restaurant
10:15 - 11:15	Aqua Core (optional)	Pool Wing
11:15 - 12:00	Free leisure time	
12:00 - 13:00	Lunch - Raw Vegan	DiVine Restaurant
13:00 - 14:00	Free leisure time	
14:00 - 15:30	Restorative yoga By Laurence	To be advised
16:00 - 21:00	Cultural tour and dinner @ Night Market (Dinner at own cost)	Off-Site / Phuket Town
DAY 4 SUNDAY, 30 SEPTEMBER 2018		
Time	Activities	Location
07:00 - 09:00	Sunrise beach yoga by Pascha	Layan Beach
09:15 - 10:00	Breakfast	DiVine Restaurant
10:15 - 11:00	Singing Bowl session by Dr. Gupta	Wellness Studio
11:00 - 12:30	Yoga Partner	To be advised
12:00 - 13:00	Checkout	Hotel Reception
13:00 - 14:00	Lunch - raw vegan	DiVine Restaurant
14:00	Departure	Airport

THANYAPURA HEALTH & SPORTS RESORT

120, 120/1 Moo 7, Thepkasattri Road, Thalang,
Phuket 83110, Thailand
Contact Us: info@thanyapura.com, +66 7633 6000
f thanyapura @ thanyapuraphuket www.thanyapura.com



#OPTIMISEYOURLIFE

**About Yoga Instructor
Laurence Roufart**



A truly international professional with over 14 years of experience in management roles in the hospitality and wellness field. Laurence graduated from "Vieux-Bois", a highly regarded Swiss Hotel & Business Management school with honours in 1994. Soon after completing her higher education, Laurence commence her Asian journey in Malaysia, working in Borneo. She then moved across various South East Asian countries in various functional roles including Maldives, Thailand, Sri Lanka.

Among others Laurence developed her passion for wellness with group such as Hilton International.

It is in Thailand where she started following complimentary traditional courses such as Thai Traditional Massage (30 hours), Foot Reflexology. It was back in 2002 that Laurence began her yoga journey through intensive yoga practice at Absolute Yoga Studios in Bangkok, concentrating in Bikram, Hatha and Vinyasa yoga. Soon after her arrival in Kuala Lumpur, Malaysia in 2010, she underwent her 200 teacher training course under Integrated South Pacific Yoga Academy (INSPYA) by Lance Schuler (Byron Bay Australia). The modules covered: Sanskrit, Philosophy, Mantra/Chanting, Pranayama and Meditation, Injury prevention, anatomy and physiology, teaching skills and ethics. She was engaged as a consultant for the centres business development and as a full time yoga teacher in Cinq Energies. In 2014, she was trained in Yin Yoga under the guidance of Sebastien Pucelle and completed the module 1 with 100 hours of Theory & Practice in the discipline. In first quarter 2017 she completed her 500 teacher training course in the capital of yoga Rishikesh, India, where she deepened her knowledge in restorative Yoga, Ayurvedic approach, and the profoundness of the yogic principles.

Currently Laurence is a freelance yoga teacher specializing in structural body alignment teaching Hatha, Vinyasa, Yin and Yogilales. Periodically, she gathers couple for Partners yoga sessions which. she believes, creates deeper body stretches and enhances the connection with one another.

Born in Liege, Laurence has lived and worked in Europe and Asia. She is married and has 2 children. She speaks fluently English and French and enjoys traveling, be on her yoga mat and providing healthy tip for wellbeing.