



MYANMAR

YOGA RETREAT



RECHARGE & EXPLORE YOGA

WILLIMENT TRAVEL

0800 000 045 | www.williment.co.nz



MAGICAL MYANMAR

YOGA RETREAT  15-25 APRIL 2018



NAMASTE, WELCOME

Mysterious and mesmerising, Myanmar is a country of ancient hidden treasures, spectacular sights and a peaceful way of life that is fitting for yogi adventurers. After the success of Williment Travel's retreats to Goa and Bali, the **Williment Myanmar Yoga Retreat** has been designed to inspire and deliver something extra special to Retreat & Recharge.

We are delighted to partner with **Anna Wechsel** once again as we discover Myanmar at a relaxing pace aboard the boutique *Kindat Pandaw* cruise boat. Unpack and feast your senses on the changing views as we travel from Bagan to Mandalay on the famous Irrawaddy River.

We can't wait to welcome you on board!



OUR INSTRUCTOR

INTRODUCING ANNA WECHSEL

Anna has been living and teaching in India for the last 4 years and has recently relocated back to Canada.

She began her exploration of Yoga after experiencing work related stress and anxiety. It wasn't until she began a regular physical practice and adopting a Yogic lifestyle that she felt relief and was inspired to share these deeply healing practices with others.

Anna ventured to India to complete her 200 & 500hr Teacher Training with the Himalaya Yoga Valley Centre in Dharmasala and Goa. She went on to teach with both 200 & 500hr Teacher training programs, involved with course development, teaching a variety of different courses such as chakras, yantras, alignment and adjustments and asana.

Her hands-on teaching style adds value, guidance and support throughout each yoga class. Through the use of physical adjustments and individual support, she demonstrates how the body can move in a healthy, functional way, empowering students to: develop self-habit awareness, start home self-practice and take ownership over their own development and progression. Her background and experience has a deep focus on the use of Iyengar alignment methods and prop techniques plus traditional teachings of chanting, pranayama, asana meditation and philosophy.

Anna teamed up with Williment Travel in 2015 and has since run unforgettable retreats in Goa and Bali. With Anna and Williment sharing similar values, the partnership has been a dream.



YOGA CLASSES

Anna will run two daily yoga classes (morning & evening). These sessions will be hosted on the main deck of the Kindat Pandaw cruise boat. Yoga mats and props will be provided.

MORNING

- ♦ **Chanting, Meditation & Pranayama:** singing Sanskrit mantras, Pranayama (breathing practices) and meditation for 45 minutes.
- ♦ **Vinyasa Flow Class:** Asana class will offer a variety of sequenced postures inspired and influenced by the Ashtanga Vinyasa Primary series - an emphasis on synchronizing breath & movement.

EVENING

- ♦ **Restorative Yoga Class:** focused on relaxing, rejuvenating and gently opening the body.



Explore remote locations and unforgettable moments of tranquility as you glide through some of the world's most stunning scenery in Myanmar...

THE PANDAW ADVENTURE

HANDCRAFTED LUXURY: KINDAT PANDAW

Climb aboard the *Kindat Pandaw*, your luxury nomadic base for the **Williment Travel Myanmar Yoga Retreat**.

Beautifully handcrafted in brass & teak, the Kindat is a remodelled version of the original vessel built in 1886. The friendly Pandaw crew are on hand to make you feel at home so just sit back and enjoy a casual vibe perfect for connecting with fellow yoga enthusiasts.



Living on the *Kindat Pandaw* includes:

- ◇ 8 upper/10 main deck berths
- ◇ Spa-branded amenities
- ◇ 170 square feet
- ◇ Multi-configuration plugs
- ◇ Panoramic French windows
- ◇ Generous closet space & under-bed storage
- ◇ Unlimited mineral water
- ◇ Hair dryer
- ◇ Electric mini safe
- ◇ Daily nightly turndown service
- ◇ AC with individual control
- ◇ 24-hour laundry service
- ◇ Premium linen & mattresses
- ◇ Complimentary evening canapés
- ◇ Kimonos and slippers

KINDAT PANDAW



Built 2014 in Yangon | 187ft/57m in Length | Berth capacity: 36 pax

DID YOU KNOW?

Nearly 90% of the Burmese population follow the Theravada form of Buddhism making Myanmar perhaps the most devoutly Buddhist nation on earth.

Dedicated monks are more revered than rock stars here!

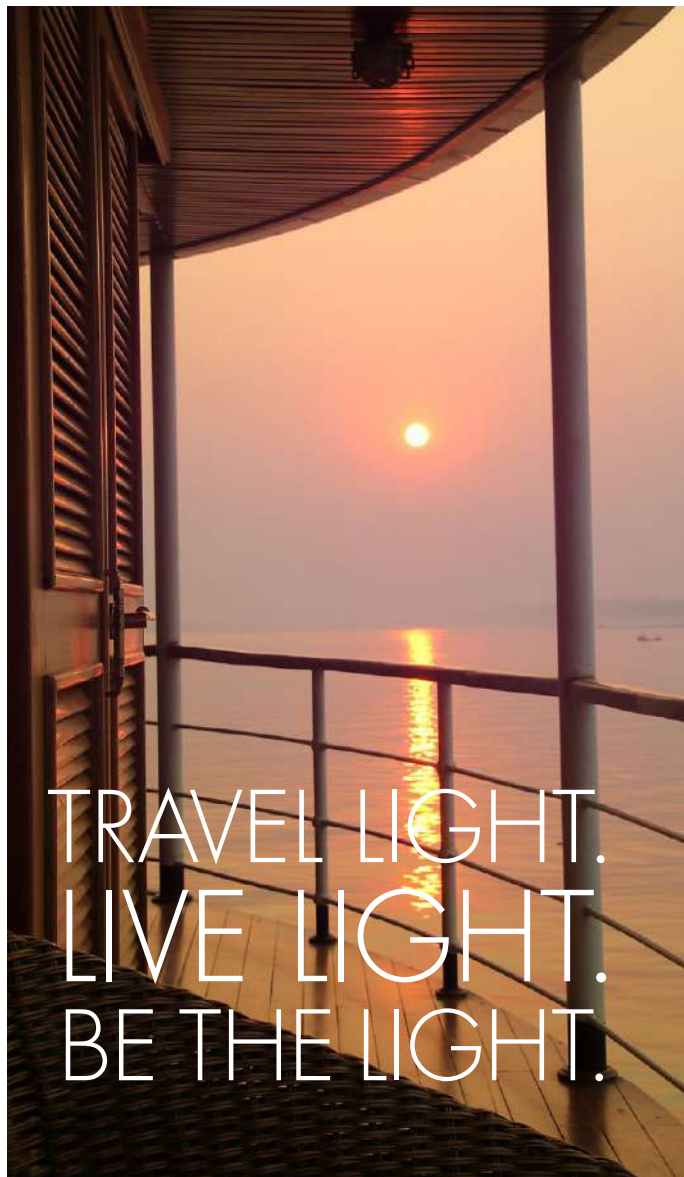


GIVING BACK IS ALWAYS IN STYLE

The **Pandaw Charity** was established in response to the 2008 Myanmar cyclone devastation. With the pro-bono support of Pandaw employees, it has helped fund rural healthcare & education. We'll have a unique opportunity to visit schools & clinics and we intend to run a collection on our last day of the Retreat for anyone who would like to make a donation.

www.pandawcharity.com





TRAVEL LIGHT.
LIVE LIGHT.
BE THE LIGHT.

INCLUSIONS

- ◇ 8 Nights Accommodation (Twin-share)
 - » 1 night at the gorgeous 5* Novotel Yangon Max
 - » 7 nights aboard the luxury Kindat Pandaw boat
- ◇ Flight from Yangon to Pagan
- ◇ Yoga Classes twice a day (optional)
- ◇ 3 x Nutritious Meals a day
- ◇ Unlimited Coffee, Water, Tea, Local Soft Drinks, Beers & Spirits plus Cocktail of the Day at 5pm*
- ◇ Sightseeing Excursions (refer to itinerary)
- ◇ Airport Transfers
- ◇ Gratuities

ITEMS NOT INCLUDED

- ◇ Myanmar Tourist Visa (approx. NZD \$70, apply online prior to travel)
- ◇ Imported Beverages (wines, premium spirits & liqueurs, fancy drinks like Perrier, espresso etc.)
- ◇ Travel Insurance
- ◇ Excursions not detailed in the itinerary
- ◇ Tips for additional optional excursions/meals

*Whilst on board the Kindat Pandaw



PRICING



EARLY BIRD SPECIAL

Book your place on this **Williment Myanmar Yoga Retreat** by **1 July 2017** and we'll knock **\$300 off (per person)** from the total package price.

LAND ONLY PACKAGE

	NZD	GBP	CAD/AUD
TWIN-SHARE PACKAGE **EARLY BIRD SPECIAL**	\$3,600	£2,010	\$3,445
SINGLE ROOM SUPPLEMENT (Limited availability)	\$1,200	£670	\$1,100
Bookings after 01 JULY 2017	\$3,900	£2,180	\$3,725

OPTIONAL ADD-ONS

Return Flights ex-Wellington	NZD \$1,800pp
Travel Insurance with Allianz NZ	NZD \$133pp

FLIGHTS ✈

Williment Travel are holding seats with Singapore Airlines and Silk Air priced at **NZD \$1,800pp** (inc. airline taxes). Flights depart New Zealand on 15 April and arrive into Yangon on 16 April. **If you are travelling from outside of New Zealand**, we can assist with flights – you will need to arrive into Yangon on 16 April with a departure on 24 April from midday.

TRAVEL INSURANCE 🧳

We highly recommend travel insurance for the duration of your journey. For those joining us from NZ we can arrange comprehensive travel insurance with Allianz Insurance. Pricing has been quoted from **NZD \$133pp** (no pre-existing conditions).



ITINERARY 15-25 APRIL 2018

15 APRIL 20:15: Fly Wellington to Yangon (via Singapore).

16 APRIL SINGAPORE - YANGON **L D**

Arrive into Yangon in the morning where you will transfer to the 5-star *Novotel Yangon Max*. Relax & recuperate from the journey or explore the stunning Shwedagon Pagoda.

17 APRIL YANGON - PAGAN **B L D**

Fly to Pagan and transfer to the riverbank to meet the Pandaw crew as we embark the *Kindat Pandaw* for lunch. This afternoon we will explore the nearby 3000+ monuments in Pagan.

18 APRIL PAGAN **B L D**

Explore stupas & pagodas, a lacquerware workshop (showing the production & history of this beautiful trade), local markets and Pandaw Charity's clinic. Watch the sunset from one of the temples that gives breathtaking panoramic views across Pagan.

19 APRIL SALAY - PAKHANNGE - MIN-NAN-THU **B L D**

Early morning sail to Salay, a sleepy village filled with colonial architectural gems & timeless teak monasteries. Our next stop is Pakhannge, a Pagan dynasty city with period temples and wood-carved monasteries. Arrive mid-afternoon at the Tan-Chi-Taung Mountains where we will ascend by WWII jeep to view World Heritage Site-listed monuments. Later pay a visit to Min-Nan-Thu, one the clinics supported by the Pandaw Charity.

20 APRIL PAKOKKU **B L D**

Enjoy a leisurely morning on the boat with a presentation given by a local guide on Burmese traditions. We arrive near Pakokku by afternoon and ride into town on tuk tuks to visit the market.

21 APRIL YANDABO **B L D**

Today venture to the town of Yandabo, famous for the production of terracotta pottery from the riverbank clay. Watch the pottery making process in action and afterwards visit a local school. Later we sail to moor near Ava at Pau Taw Pauk Myaing.

22 APRIL SAGAING - AMARAPURA **B L D**

Sail to Sagaing where lies thousands of hermitages & sanctuaries, rich in woodcarving and religious art. This afternoon, we drive to Amarapura, (the former capital of Myanmar) for a fantastic boat trip on the Taungthaman Lake and watch the sunset behind U Bein Bridge, the world's longest teak bridge.

23 APRIL MINGUN - MANDALAY **B L D**

Sail to Mingun to explore the world's largest working bell and unfinished pagoda. The afternoon is for sightseeing in central Mandalay with visits to the grand Royal Palace, surrounding hills, local craft workshops and some market retail therapy.

24 APRIL MANDALAY - NEW ZEALAND **B**

After an early morning breakfast, we disembark the *Kindat Pandaw* in Mandalay where we will transfer to the airport for our flight home. Those returning to New Zealand with our group flights will arrive in Wellington at 3.05pm on 25th April.

OPTIONAL EXTENSION

Feel like extending the Myanmar adventure? With ANZAC Day falling on 25 April, you may wish to stay in Myanmar longer. Singapore Airlines run flights to New Zealand on both 26 and 28 April if you wish to extend your break.





DON'T MISS OUT

If you'd like to join this Myanmar adventure or have any questions, get in touch with the Williment Travel team who will be able to assist. We are currently taking registrations and a deposit of **\$500 per person**. (NB: deposit becomes non-refundable after 30 June 2017.)

Due to the size of the Pandaw vessel, we have **LIMITED PLACES** so if you are interested, please get in touch.

REGISTER YOUR INTEREST ONLINE

Fill in your details & travel requirements on our Myanmar Retreat Registration Page and we'll take care of the rest. Alternatively give us a call and one of our experienced Events team will be able to assist.

0800 000 045 | www.williment.co.nz

