

# Heal Your Heart with Yoga Retreat Siem Reap Cambodia 5 days

Embark on a delicate **5-day yoga retreat in Siem Reap**, Cambodia, designed to heal your heart and soul. On this tour, you can experience daily yoga sessions amidst peaceful surroundings and delve into meditation practices.

Immerse yourself in Cambodia's well-known monuments, visit craft villages, and learn about how they create beautiful silks, feeling the atmosphere of daily life here. Join the tour now!

- **Durations:** 5 days
- **Trip outline:** Siem Reap - Angkor Thom
- **Price from:** US \$579/person
- **Tour inquiry:** <https://besttratetours.com/cambodia-tours/heal-your-heart-with-yoga-retreat-siem-reap-cambodia-5-days>

## Trip outline

day	Activities	Accommodations	Meals
Day 1	Siem Reap Arrival	Hotel in Siem Reap	Dinner
Day 2	Siem Reap Tour	Hotel in Siem Reap	Breakfast, Lunch
Day 3	Siem Reap - Yoga Day Navutu Experience	Hotel in Siem Reap	Breakfast, Lunch
Day 4	Siem Reap - Kampong Phluk Village - Silk Farm	Hotel in Siem Reap	Breakfast, Lunch
Day 5	Siem Reap - Departure	NA	Breakfast

## Itinerary

### Day 1: Siem Reap Arrival

#### Morning

In the morning, our guide will meet you at the airport and we will transfer to check in at Siem Reap Hotel.

#### Afternoon

Our journey at Siem Reap starts with the city tour. First, visit the [National Museum of Angkor](#), which reserves artifacts from every part of Cambodia's history.

Keep going to **Preah Ang Check - Preah Ang chom shrines**, the hidden place for praying for luck or starting a safe departure.



## Evening

We moved to the Amazon Angkor Restaurant for dinner with the Apsara Dance Show.



**Meals:** Dinner

**Accommodation:** Hotel in Siem Reap

## Day 2: Siem Reap Tour

**Morning**

After breakfast, our driver will pick you up at your hotel to **South Gate** and visit the ancient capital of [Angkor Thom](#). Here, you can try an Elephant ride around 15 - 20 minutes to the Bayon temple.



Then we continue to visit the ancient Bayon Temple, the Hindu temple **Royal Enclosure**, **Phimeanakas**, the Elephants Terrace, and the Terrace of the Leper King. Finishing the morning tour, we will explore the jungle temple of Ta Prohm.

Having lunch at a local restaurant in the town.

### **Afternoon**

All afternoon, we will continue to visit the [Angkor Wat](#) ruins, recognized by UNESCO as a World Heritage Site in 1992.



After exploration, turn back to the hotel and eat dinner. Stay overnight in Siem Reap.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Siem Reap

### Day 3: Siem Reap - Yoga Day Navutu Experience

Have a full day of package Yoga sessions which is perfectly introduced to Navutu's wellness offerings.

Package included:

- 1 organic lunch.
- 1 group yoga class and 1 private yoga class.
- 1 pampering spa treatment (choice of Khmer, Thai, or Relaxation massage).
- 1 holistic healing treatment (choice of Reiki, Pranayama, Shiatsu, or Acupuncture).



**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Siem Reap

### Day 4: Siem Reap - Kampong Phluk Village - Silk Farm

#### Morning

After a leisurely morning, experience a boat journey on [Tonle Sap Lake](#) to Kampong Phluk village. We will have some floating villages, floating schools, floating police stations, and homes that adapt to shifting moves from place to place following water levels and currents.



Eating lunch at a local restaurant.

### **Afternoon**

The driver will take us about 15 km to the West of Siem Reap town. Here, we can stroll around the silk farm and attend a silk workshop to explore the entire silk creation process. You can buy souvenirs in silk as gifts from locals here.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Siem Reap

## **Day 5: Siem Reap - Departure**

### **Morning**

Breakfast at the hotel.

Free at your own leisure until the time our driver picks you up for a transfer to Siem Reap International Airport for your departure flight.

**Meals:** Breakfast

**Accommodation:** NA

## **Booking Policy**

### **Inclusion**

- Full private A/C vehicle transfer as program.
- Private tour with English speaking tours guide (Except last day transfer out)
- Meals: Daily breakfast at hotel +3 Lunches + 1 Dinner Show
- All sightseeing entrance fee + Boat fee

- Cold drinking water & wet towel during transfer and program

## Exclusion

- Peak season surcharge & compulsory dinner at the hotel (if any)
- Cambodia Visa (above 6 months passport Valid & 3 clear-page require)
- Domestic or international airfare if any
- Personal expenses, tips and gratuities
- Travel insurance
- Accommodations
- Meals: Lunch/Dinner as not stated in the program
- Beverage during meal
- Other services not mentioned above.
- A fuel surcharge will be applied if fuel prices rise above 15%

## Cancellation Policy

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

## Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults
- For infant (<04 years old): FOC except domestic ticket cost
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- 04 - 11 years old in twin share: 90% adult rate

## WHY BOOK WITH US?

### Best Rate Guaranteed

Offering the BEST RATE package which is worthy of your payment.

### Money Back Guaranteed

In case the service we provide is not qualified enough, except for out-of-control situations such as weather conditions. We will investigate your case and will offer the reimbursement once your complaint is rational.

### Customizable by local experts

Local consultants with rich of knowledge will give you the most suitable itineraries for you.

## **BEST RATE TOURS., JSC**

No 56, Hàng Đậu Street - Dong Xuan, Hoan Kiem District - Hanoi - Vietnam

**Tel:** +84 2439949194  
+84 911646478

**Email:** [bestratetours@gmail.com](mailto:bestratetours@gmail.com) **Website:** <https://bestratetours.com/>