



AMBONG · AMBONG

YOGA & WELLNESS RETREAT



Escape to a tranquil haven of yoga and wellness with renowned Australian instructor, Sally Dollas

**SEPTEMBER 2023,
SATURDAY**

9th, 16th, 23rd and 30th

MYR 500 PER PERSON

Ambong-Ambong, Langkawi
www.ambong-ambong.com

Sally Dollas

With over 24 years of experience teaching yoga, Sally is a true expert in the field, and her teaching style will leave you feeling rejuvenated and refreshed. Not only does Sally have a wealth of knowledge and experience, but she also coaches other teachers globally, to enhance their instructing skills, solidifying her high-in-demand status.

Join Sally for a truly exclusive opportunity to deepen your practice and connect with like-minded individuals. Immerse yourself in daily yoga classes, explore mindfulness practices, and indulge in nourishing meals prepared with locally sourced ingredients.

Located in a boutique, serene and secluded setting, Ambong-Ambong presents the perfect escape from the stresses of daily life. Whether you're a seasoned yogi or just starting out, Sally's teachings will guide you on a transformative journey towards inner peace and wellness. Don't miss out on this once-in-a-lifetime experience to connect with yourself and others in a truly magical place.





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Saturday, 9th, 16th, 23rd & 30th September 2023

- ∨ 8:00 - 9:30 **YOGA CLASS**

- ∨ 9:40 - 10:00 **REFRESHMENT**

- ∨ 10:00 - 11:30 **YOGA WORKSHOP**

- ∨ 11:30 - 12:00 **YOGA NIDRA**

- ∨ 12:00 - 1:30 **LIGHT LUNCH**
*provided by the resort

- ∨ 1:30 - 3:00 **BEACH CLEAN UP & DIP**
*weather permitting

T&Cs and How to Book:

- Reservation can be made via WhatsApp at (+60)12 - 702 8428 by email: reservations@ambong-ambong.com

How To Get to the Resort:

- From airport to the resort is a quick 20-min drive by taxi. (Airport code: LGK)
- Taxi station can be found just outside of Door #3 & #4 at the airport (near arrival hall). One way fare is about RM 32.
- If you use a mobile e-hailing application, 'Grab', it will be a cheaper option at around RM 20 (for sedan).
- If you are coming by ferry, the jetty is about 30min away. Public transportation such as taxis and Grab cars are easily found.

Payment & Cancellation:

- Payment can be made via credit card, online payment or bank transfer (Malaysia banks).
- Full payment upon booking is required for a booking confirmation.
- Cancellation policy is 7 days, which means the request for free cancellation must be made at least 8 days prior to the arrival date.

Contact:

Please contact us at (+60)12 702 8428 (WhatsApp) or reservations@ambong-ambong.com for any inquiries or reservations matters.

