

Retreat organised by In partnership with



CURATED ESCAPES

Phu Quoc, Vietnam

LED BY AMIT

4-8 JULY 2026



THE ISLAND RESET: *FLOW, RESTORE, RENEW*

Step into a deeply immersive island experience where yoga, nature, and mindful living come together for a complete reset. Guided by Amit, each day is anchored by intentional yoga sessions—from energising morning to grounding evening practices—designed to help you reconnect with your body and mind.

Beyond the mat, immerse yourself in island experiences including scenic explorations, breathtaking sunsets, and a hands-on local experience, all thoughtfully curated to complement your wellness journey.

Whether you seek to deepen your practice or simply unwind and recharge, this retreat offers a transformative escape that leaves you feeling renewed, balanced, and restored.

Limited slots available.

 [yogaedition.sg](https://www.yogaedition.sg)

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 events@yogaedition.sg

Dream Valley Pte Ltd (TA Licence No: TA03794). Contact: 85062629

Beyond the yoga sessions, immerse yourself in the vibrant essence of island life in Phu Quoc. From exploring scenic coastlines and enjoying immersive island-hopping experiences, to witnessing breathtaking sunsets and engaging in meaningful local experiences, every moment is curated to complement your wellness journey. There is also space for you to unwind—whether that means resting by the pool, enjoying the beach, or simply embracing the slower pace of island living.

This retreat is more than just a getaway—it is an opportunity to reset, recharge, and return with clarity and strength. Whether you are looking to deepen your yoga practice, step away from the demands of daily life, or reconnect with a sense of balance and vitality, this escape offers a transformative experience that stays.

ABOUT THE ACCOMMODATION

Wyndham Grand, Phu Quoc

Nestled along the pristine coastline of Phu Quoc, Wyndham Grand Phu Quoc offers a luxurious beachfront sanctuary that perfectly complements the spirit of this retreat. Surrounded by powdery white sands and tropical greenery, the resort invites you into a space of calm and ease—where mornings can begin with ocean breezes and evenings wind down under golden sunsets. With expansive pools, a private beach, and thoughtfully designed spaces, every corner of the resort is crafted to help you slow down, recharge, and fully immerse in the rhythm of island living.

Beyond its serene setting, the resort enhances your retreat experience with a full suite of wellness and lifestyle amenities—from a rejuvenating spa with steam rooms and treatments, to diverse dining experiences and beautifully appointed rooms designed for comfort and rest. Whether you are unwinding by the beach, indulging in a moment of self-care, or simply enjoying the tranquil surroundings between sessions, Wyndham Grand Phu Quoc becomes more than just accommodation—it is an integral part of your journey to restore, rebalance, and reconnect.



YOUR RETREAT LEAD

Amit

A dedicated yoga teacher and practitioner specializing in Hatha Yoga, Vinyasa, Inversions, and Arm Balances, Amit strongly believes that yoga is essential for people of all ages. Amit emphasizes the importance of physical and mental well-being for a fulfilling life.

Inspired by his brothers, Ashish and Arvind, Amit began his yoga journey at the age of 9, enrolling in a yoga school where his initial curiosity soon turned into a deep passion. Excelling in the practice, he competed in District, State, and National Level Yoga Competitions, marking the beginning of a promising career in yoga.

Amit further honed his knowledge at the University of Patanjali, studying under esteemed mentors including Swami Ramdev and Balkrishna. Over three years, he developed a profound understanding of yoga's impact beyond the physical, incorporating its mental, healing, and spiritual dimensions.

His expertise extends beyond yoga, having worked at one of India's most respected Ayurveda hospitals, where he assisted top therapists and doctors. This experience allowed Amit to integrate Ayurveda with yoga, using natural remedies, diet, pranayama, and kriyas to support healing and wellness.

TENTATIVE ITINERARY

4 - 8 July 2026

Day 1 : 4 July (Saturday)

- 11:00AM : Group Meet Up at Singapore Changi Airport
- 01:05PM : Flight to Phu Quoc via VietJet VJ984
- 01:45PM : Arrival at Phu Quoc International Airport
- 02:45PM : Airport Transfer
- 03:30PM : Arrival at Resort and Check-In
- 05:00PM : Yoga Session
- 07:00PM : Welcome Dinner

Day 2 : 5 July (Sunday)

- 07:00AM : Yoga Session at Pool
- 09:00AM : Breakfast
- Group Sightseeing: Visit East part of the Island – explore Dinh Cau
- Visit to Vinpearl Safari Phu Quoc
- Lunch
- Visit to VinWonder PhuQuoc
- 05:00PM : Yoga Workshop
- Dinner

Day 3 : 6 July (Monday)

- 07:00AM : Yoga Session
- 09:00AM : Breakfast
- Group Sightseeing: Island Tour (Optional: Swim/ Snorkelling)
- Lunch
- Free & Easy
- Dinner



Day 4 : 7 July (Tuesday)

- 07:00AM : Yoga Session
- 09:00AM : Breakfast
- Group Sightseeing: Pearl Culture Farm, Pepper Farm, Fish Sauce Factory
- Head over to Thom Island by Cable Car
- Lunch at Thom Island
- Back to Harbour by Cable Car (Visit Sunset Town and Kissing Bridge and Kem Beach)
- 05:00PM : Yoga Workshop
- Dinner

Day 5 : 8 July (Wednesday)

- 07:00AM : Yoga Session
- Breakfast
- 12:00PM : Group Check-Out
- 01:00PM : Airport Transfer
- 01:45PM : Arrival at Phu Quoc International Airport
- 03:45PM : Flight back to Singapore via VietJet VJ983
- 06:30PM : Arrival in Singapore

Itinerary is tentative and may be subjected to changes, depending on ongoing local

conditions.

PACKAGE INCLUDES:

- 4N Accommodation at 5-star Resort
- Daily Breakfast, Lunch, Dinner as per itinerary
- All Airport Transfers and Group Transportation Expenses
- Guided Group Sightseeing / Tours as per itinerary
- All yoga sessions and workshops
- Rental of yoga studio spaces and related logistics



PACKAGE PRICES (PER PAX)

(NOT INCLUSIVE OF AIRFARE)

DOUBLE OCCUPANCY PACKAGE

First 8 Sign-ups Exclusive	S\$ 1,420.00
Early Bird Price	S\$1,520.00
Regular Price	S\$1,620.00

SINGLE OCCUPANCY PACKAGE

First 8 Sign-ups Exclusive	S\$1,880.00
Early Bird Price	S\$1,980.00
Regular Price	S\$2,180.00

** Prices listed are per person*

Early Bird Discount ends 11 June 2026.

**Attendees are required to bring their own yoga mats and any other props they deem necessary for practice.*

RECOMMENDED FLIGHTS

SINGAPORE – PHU QUOC | 4 JULY 2026

1:05PM – 1:45PM | VIA VIETJET VJ984

PHU QUOC – SINGAPORE | 8 JULY 2026

3:45PM – 6:30PM | VIA VIETJET VJ983

Payments

Payments will be made directly to Dream Valley Pte Ltd.

Please WhatsApp 8805 7790 or email
info@dreamvalleydestination.com for payment
arrangements.

Enquiries

Please WhatsApp 8805 7790 or scan the code to fill up
the enquiry form.



Prices are inclusive of prevailing GST. Slots are limited and will be allocated on a first-come-first-served basis. Upfront payment is required before a booking can be confirmed. A minimum of number of sign-ups is required for this retreat to run. In the event that Yoga Edition decides to cancel this retreat, a full refund will be accorded to affected registrations. No refunds or credits will be given for cancellation initiated by registrants. Other terms & conditions apply. *In the event of discrepancies between the printed and web versions, the web version shall prevail.





