

Retreat organised by In partnership with



CURATED ESCAPES

Lake Toba, Indonesia

LED BY ANUP

22-26 JULY 2026



**RECONNECT MIND AND BODY IN
INDONESIA'S VOLCANIC HIGHLANDS**

Join Anup for a restorative escape at Taman Simalem Resort, a sanctuary perched high above the ancient Lake Toba caldera. Surrounded by rolling emerald hills and the morning mist of the Karo Highlands, this retreat offers a space to breathe, reflect, and reconnect. It is a true "paradise in the wild," designed for those seeking peace in the midst of natural beauty.

Under Anup's guidance, the yoga sessions focus on the art of mindful stretching and slow, considered movement. This practice is crafted to release tension and revitalize the body at a peaceful pace, making it perfect for all levels.

Experience a journey of renewal where the mountain air and serene volcanic views inspire every breath and movement.

Limited slots available.



Welcome to a space of serenity, where the Karo Highlands sets the stage for our yoga retreat. Against the backdrop of Lake Toba, you will find the perfect environment to shed the stresses of daily life and settle into a state of pure presence. Anup's sessions are crafted to honour the rhythms of your breath, allowing the vast, open horizon of Taman Simalem to inspire a sense of limitless peace.

You'll leave the retreat feeling lengthened, light, and thoroughly revitalized, carrying the quiet strength of the mountains home with you.

ABOUT THE ACCOMMODATION

Stay Amidst the Clouds and Emerald Peaks — Lake Toba Taman Simalem Resort Merek, Indonesia

Perched high above the clouds on the rim of the ancient Lake Toba caldera, this resort offers a truly beautiful setting for our retreat. Guests consistently describe the resort as a "paradise in the wild," where the morning air is crisp and the views of the sun rising over the volcanic peaks are nothing short of spectacular. Here, your yoga mat is laid out against a backdrop of rolling emerald hills and the deep blue expanse of the world's largest volcanic lake, creating a sacred space that naturally inspires deep reflection and a profound sense of peace. Between yoga sessions, you can lose yourself in the meditative silence of the three-tier labyrinth, wander through the fragrant organic agro-farms, or feel the grounding energy of the nearby Sipiso-piso waterfall.

Whether you are finding stillness on a mountain-view balcony or revitalizing your body with farm-to-table Indonesian cuisine, every moment at Taman Simalem resort is an invitation to breathe deeper and reconnect with the natural world.



YOUR RETREAT LEAD

Anup

Anup's journey with yoga began at the tender age of five, learning directly under Sharath Jois, the grandson of Ashtanga founder Sri Pattabi Jois. Inspired by his spiritual and philosophy teacher Sri Ram Sharma and encouraged by his parents, he embraced the path of teaching yoga. An impactful teaching internship with Master Ajay Tokas further solidified his determination to share the profound benefits of yoga with others. Recognized today as one of the youngest full-fledged Ashtanga teachers globally, Anup has taught in India, China, and now Singapore.

While in China, he conducted workshops and led the Ashtanga Mysore program in cities like Guangzhou, Xiamen, Nanning, and Harbin. His passion for cultural immersion led him to learn Mandarin, allowing him to connect deeply with his students. Known for his unique charm and meticulous attention to detail, Anup's classes are enriched with thought-provoking concepts. He believes that "the practice of yoga is never a competition, but a journey of self-discovery. Having faith, patience, and consistency is key to paving the way for a fruitful and fulfilling practice."

TENTATIVE ITINERARY

22-26 JULY 2026

Day 1 : 22 July (Wednesday)

- 05:15AM : Group Meet Up at Singapore Changi Airport
- 07:30AM : Flight to Medan via SQ990
- 08:00AM : Arrival at Kualanamu International Airport
- 09:00AM : Airport Transfer & Guided Tour - Gundaling Hill
- 12:00PM : Lunch at Farmstead Berastagi
- 02:00PM : Guided Tour – Taman Lumibi
- 05:00PM : Resort Check-In
- 06:00PM : *Yoga Session – Restorative Evening Stretches*
- 07:30PM : Dinner

Day 2 : 23 July (Thursday)

- 06:30AM : *Yoga Session – Gentle Sun Salutations*
- 08:00AM : Breakfast
- 09:30AM : Jungle Trekking
- 12:00PM : Free & Easy
- 02:00PM : Dolan Village & Kabanjahe Market
- 05:00PM : Free & Easy
- 07:00PM : Dinner

Day 3 : 24 July (Friday)

- 08:00AM : Tour to Samosir Island
Places visited:
 - Tele Point view
 - Sibeabea Hill
 - Waterfall Efrata
 - Pangururan Waterfront City
 - Kampung Ulos Huta Raja (souvenir shopping)
 - Batu Hoda Beach
 - Huta Siallagan (souvenir shopping)
- 06:00PM : Yoga Session – Recover & Gentle Release
- 07:30PM : Dinner



Day 4 : 25 July (Saturday)

- 06:30AM : Yoga Session – Gentle Sun Salutations
- 08:00AM : Breakfast
- 11:00AM : One Tree Hill
- 01:00PM : Lunch at Vhi Vhi Resto Tongging, Lakeside
- 03:00PM : Sipiso-piso Waterfall (700 staircases)
- 04:30PM : Silalahi Village & Paropo Hills
- 05:30PM : Loken Barn
- 07:00PM : Dinner

Day 5 : 26 July (Sunday)

- 06:30AM : Yoga Session – Morning Gentle Stretches
- 08:30AM : Breakfast
- 09:30AM : Free & Easy
- 12:00PM : Group Check Out
- 12:30PM : Airport Transfer
- 02:30PM : Lunch & Shopping
- 05:25PM : Arrival at Kualanamu International Airport
- 08:25PM : Flight back to Singapore via SQ995
- 11:05PM : Arrival in Singapore

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

YOUR YOGA RETREAT PACKAGE INCLUDES:

- 4-Nights' Accommodation
- Daily Breakfast and Dinner
- All Airport Transfers and Group Transportation Expenses
- All Guided Group Tours as per Itinerary
- Professional English Speaking Guide
- All Yoga Sessions



PACKAGE PRICES (PER PAX)

(NOT INCLUSIVE OF AIRFARE)

DOUBLE OCCUPANCY PACKAGE

First 8 Sign-ups Exclusive	S\$ 1,480.00
Early Bird Price	S\$1,580.00
Regular Price	S\$1,680.00

SINGLE OCCUPANCY PACKAGE

First 8 Sign-ups Exclusive	S\$1,880.00
Early Bird Price	S\$1,980.00
Regular Price	S\$2,080.00

** Prices listed are per person*

Early Bird Discount ends 30 June 2026.

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

RECOMMENDED FLIGHTS

SINGAPORE – MEDAN | 22 JULY 2026, WEDNESDAY

7:30AM – 8:00AM | VIA SQ990

MEDAN – SINGAPORE | 26 JULY 2026, SUNDAY

8:25PM – 11:05PM | VIA SQ995

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.





