

# YOGA ☀️ WELLNESS ESCAPE



*relax, renew, revitalize*

Indulge your body, mind and soul with Ifiele'ele's unique Yoga and Wellness Escape. During 3 days of morning and evening yoga and meditation sessions, explore various styles of yoga with our qualified, Samoan-based instructor - Hatha, Ashtanga Flow, Yin, Kundalini.

Designed for small groups of 4 to 8 people, so you can receive individual attention.

Ifiele'ele Plantation provides a secluded, tranquil, green location for the practice of yoga. Escape to Ifiele'ele and live in luxury while treating yourself to the benefits of yoga.



*ifiele'ele*  
plantation



For more information or to make a reservation go to  
[www.ifieleele.com/packages/yogaescape](http://www.ifieleele.com/packages/yogaescape)

## Inclusions

- Morning and evening yoga sessions (2.5 hours) each day for 3 days
- Evening meditation session (30 min) for 3 evenings
- Daytime excursions to local points of interest
- 4 nights luxury accommodation in pristine, natural environment
- All meals - fresh, organic vegetable-based - breakfast, lunch and dinner
- Airport Transfers

## Schedule

for upcoming  
Yoga and Wellness  
Escapes

Feb 18-22 | Mar 1-5  
Apr 5-9 | May 8-12  
June 12-16

## Contact us

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