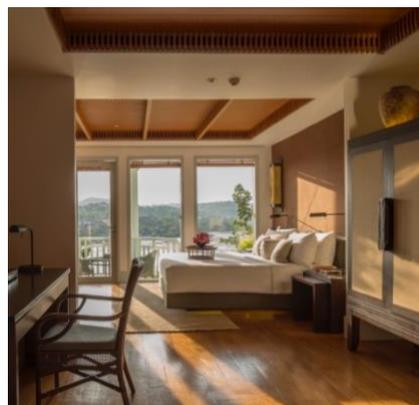


AMATARA WELLNESS RESORT PARTNERS WITH HONG KONG'S LEADING AERIAL YOGA STUDIO,
BAMBOO YOGA, TO OFFER THEIR SECOND EXCLUSIVE 'BAMBOO YOGA RETREAT' THIS
DECEMBER

6TH – 8TH DECEMBER 2019

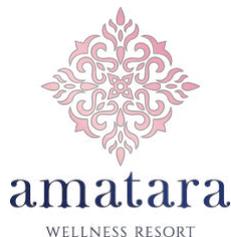


Phuket, 25 September 2019: Aleksandra Milewicz CEO and founder of Bamboo Yoga, Hong Kong, partners with Amatara Wellness Resort, Phuket's leading luxury resort for holistic health & wellbeing, to host an incredible 3-day/2 night's Bamboo Yoga retreat during 6th – 8th December 2019 following the success of the first retreat earlier in the year. This exclusive energetic package includes accommodation, full board healthy meals, a roundtrip airport transfer from/to Phuket International Airport, Bamboo Yoga aerial beach sessions, a studio aerial yoga class, 3 yoga classes, and special discounts to enjoy the stay at Amatara Wellness Resort. The prices start from USD 880 (or THB 26,981).

The idea to practice aerial yoga on bamboo tripods was born after Aleksandra completed her flying yoga teacher training. She wanted to take her practice outside of the studio into beautiful nature. Bamboo was the perfect material to build tripods as it is extremely strong and light. 'I love aerial yoga for its healing benefits and playfulness. I believe that going upside down is a great way to decompress the spine, stretch the entire body, release endorphins and stay young. With the support of aerial hammock, anyone can do an inversion in their first class. My mission with Bamboo Yoga is to bring the aerial practice into nature and introduce it to as many people as possible. Join me at Amatara for this 3-day retreat on the beautiful island of Phuket and learn how to fly!' said, Aleksandra. This will be the second retreat Aleksandra hosts her seaside bamboo aerial yoga retreat at Amatara Wellness Resort as a continuation to its first successful retreat did earlier in August this year.

Bamboo Yoga Retreat at Amatara Wellness Resort includes:

- Accommodation in Bay View Suite
- Full board Healthy Meals (Breakfast, Lunch and Dinner) start with dinner after check-in.
- Roundtrip airport transfer by join van
- 2 Bamboo Yoga aerial beach sessions



- 1 studio aerial yoga sessions
- 3 yoga classes
- Special price for drop-in joining the scheduled wellness classes at THB 500 per person per session
- 25% discount for extra food & beverage outside the full board meal plan (excluding alcohol)
- 25% discount for a la carte wellness treatment
- 20% discount for laundry service

'When we talk about yoga, there are so many different forms but they all have same goals - to clear your mind and improve your physical. Bamboo Yoga might sound challenging, but it allows you to try something new for your yoga journey. The good thing about this yoga retreat is it doesn't matter if you are a beginner or an advanced yoga practitioner, you still get a good chance to practice in a fun different way. To fly freely over the ocean, it helps to let go of any thoughts, any tensions, be yourself and create your own shape. I'm glad that Amatara Wellness Resort is selected to be the venue and because of several fantastic feedbacks from the first retreat in August, we don't have any hesitation at all to incorporate and arrange the second one this year during 6th - 8th December 2019. Amatara is a perfect place that you can enjoy the healthy cuisine during the retreat which even benefit your visit in one goal. We look forward to welcoming and creating health & wellbeing community here." Wipa Nareerak, the General Manager of Amatara Wellness Resort and a certified 500 RYT Yoga Instructor, mentioned.

Positioning itself as one of Thailand's leading wellness resorts, [Amatara Wellness Resort](#) in Phuket is a perfect venue that offers the tranquil natural setting, spacious accommodation, and tasteful nourishing cuisine to its guests. This sanctuary is best for people who are looking into rebalancing emotional and behavioural, nurturing inner peace, and being inspired to a healthy lifestyle. Guests who take part in this program can enjoy wholesome dishes at Amatara's *The Retreat* restaurant; delivering unrefined, nutritious cuisine from a menu inspired by modern healthy eating influences. Between active sessions and activities, guests are invited to relax and revitalise at Amatara Spa, an integrated 2,000 square metre haven offering individual spa and holistic treatments.

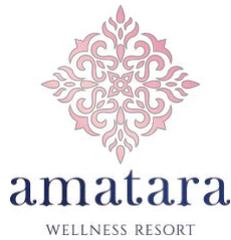
Bamboo Yoga Retreat prices start from USD 880 per person for double room shared occupancy or USD 1,080 per person for single room single occupancy. For further information and reservations, visit www.amataraphuket.com, email: reservations.phuket@amataraphuket.com or call: +66 76 318 888. Follow Amatara Wellness Resort for latest news and promotions at Facebook Fanpage @amatarawellnessresort and Instagram @amatararesort.

-ENDS-

Notes to editors:

Amatara Wellness Resort, Phuket, Thailand

Amatara Wellness Resort offers the life-enhancing and transformative wellness retreat experiences with the view of picturesque turquoise Andaman Sea. This wellness resort awaits to welcome you to relax, recharge, and be inspired. This resort was established with the vision of creating this place to be the comprehensive wellbeing sanctuary. The place to support guest's life journey with continued improvement, learning, sharing and in line with mindful practice and sustainable wellness approach. Amatara understands the individual needs and therefore also offers the ideal relaxing and luxury seaside resort for leisure guests to wind down either by its 55-metre infinity-edged pool or at Sun & Moon rooftop lounge. The resort has 105 suites and villas, each with its own private balcony and sea view. The stunning Premier Sea View rooms, Pavilions, and Suites set new standards in comfort and design while the ultimate Pool Villas feature their own private pool, which allows an unforgettable



luxury and privacy. This tropical resort also offers the finest gourmet cuisines and one of the region's best ocean-view spa facilities.

Bamboo Yoga, Hong Kong

Founded and headed by Aleksandra Milewicz, Bamboo Yoga is a unique concept of aerial yoga practiced on a bamboo tripod. There is a beautiful parallel between bamboo and yoga. Bamboo symbolizes strength, acceptance of the natural flow and openness to wisdom in emptiness. Just like yoga, bamboo means commitment to continuous growth and living a simple and straightforward life. It combines upright integrity with accommodating flexibility. Both yoga and bamboo have the perfect balance of grace and strength, or the Yin and the Yang to create a wholeness, peace, and happiness. Started in Hong Kong, Bamboo Yoga has its home on one of the most beautiful beaches in Hong Kong – Sai Wan beach. Bamboo Yoga is a 100% safe and fun activity for the curious. If you like the thrill of trying new things that empower while connecting with nature and your own body then you will love Bamboo Yoga.

www.bamboo-yoga.com

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