



w.
Doris
&
Tee

Reset Restore Rejuvenate Hong Kong

YOGA RETREAT | 12-14 NOV 2021



 [tee.nan](https://www.instagram.com/tee.nan)



 [doris.ay](https://www.instagram.com/doris.ay)



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YOGA RETREAT

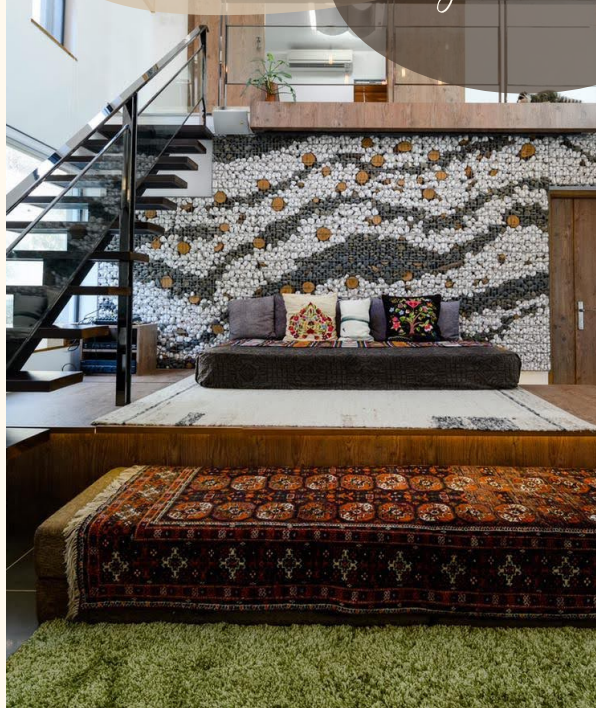
Escape the hustle and bustle;
Connect with your surroundings.
For time spent amongst greenery
is never time wasted.

Let Nature heal you.
Adopt her peace.
Her secret is patience.
Her gift is presence.
Reset, Restore, and Rejuvenate
your whole being.



Location:

- Fanling, New Territories
- Lush Mountain Estate
- Private Family Villas
- Yoga Hall



Accommodation

Mountain Villa

- Queen Suite
- Double Suite
- Single Suite

River Villa

- King Suite
- King Tatami Suite
- Queen Suite

*Let the pictures
speak for themselves.*





Menu



Day 1

Lunch

Mixed Salad with Tahini Dressing
Seasonal Fruit Salad
Mixed Rice with Beans
Portobello baked with Cheese
Grilled Shrimp and Pineapple Skewers
Coconut Chicken Curry

Dinner

Roasted Tomato Soup
Pumpkin Salad
Cheesy Eggplant Lasagne (no flour)
Pan Seared Salmon with Lemon Butter
Baked Meatballs
Carrot Cake

Day 2

Breakfast

Fruits & Coffee
Cinnamon Chia Overnight Oats
Poached Eggs

Lunch

Mixed Salad with Tahini Dressing
Broccoli with Ginger and Garlic Sauce
Honey Sesame Tofu
Kimchi Fried Rice
Grilled Fish in Banana leaves
Frozen Chocolate Covered Bananas

Dinner

12-Course Barbeque Dinner with Seasonal Desserts

Day 3

Brunch

Seasonal Fruit Salad
Roasted Potato with Garlic and Rosemary
Homemade Vegetarian & Pork Dumplings
Roasted Chicken Drumsticks
Spicy Stir-fried Squid
Masala Fish

Itinerary

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Day 1



12:00	Check-In
12:30	Lunch
14:30-15:00	Gift Opening & Ice-Breakers
15:00-16:00	Vinyasa Flow
16:00	Free Time
18:00-18:45	Pranayama, Deep Twists & Yoga Nidra
19:00-20:00	Dinner
20:30-21:30	Mindfulness Practice & Journaling

Day 2



7:00	Fruits & Coffee
7:30-8:30	Pranayama, Meditation & Sunrise Vinyasa
8:30-11:00	Self-Serving Breakfast & Free Time
11:00-12:30	Intro to ACROVINYASA
13:00-14:00	Lunch
14:00-16:00	Free Time
16:00-17:00	Chakra Flow
17:00-18:00	Sunset Photoshoot & Free Time
18:30-20:30	Sunset BBQ
21:00-21:30	Yoga Nidra, Mindfulness Practice & Journaling

Day 3



8:00-8:30	Fruits & Coffee
8:30-9:00	Pranayama & Therapeutic Flow
9:00-10:30	Pack & Free-Time
10:30-12:00	Brunch
12:00-14:00	Check Out



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We are looking forward
to sharing our practice
with you!



Book Now!

12-14 NOVEMBER 2021



All Inclusive (Room, Food, and Yoga) Fee: HKD 6,500.00 /person.

We wish to provide a meaningful experience for each and every one of you.

Spots are limited to ensure quality of your stay with ample space for each individual to enjoy the experience, estate, and exquisite home-cooked food!

To secure your spot:



Step 1 - Sign Up via this Google Form Link

Step 2 - Make 1st Deposit: ASAP!

Step 3 - Make 2nd Deposit: 5 November

Deposit Amount: HKD 3250.00 /person.



Transfer Methods

1. FPS (QR Code/Tee's Phone Number)
2. Bank Transfer (HSBC; 173-756354-833)

*Send all confirmation receipts or screenshots to Tee via WhatsApp.



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