

Koh Tao Island - Chalok Bay - Thailand Yoga package (no accom.)

Yoga on Koh Tao

Reset yourself with daily yoga sessions on a tropical island! Join Koh Tao's #1 yoga studio, where all levels are welcome! Whether you are a complete beginner or an experienced student, you will find dynamic flow sessions, smooth hatha, or stillness, silence + meditation. Mats, equipment and drinking water are provided in this professional studio.

The goal is to make yoga accessible to everyone. The classes are not about competition, they are about connection. Sessions run every day at 9am and 6pm, just minutes from your accommodation!

Base yourself on beautiful Koh Tao, in Chalok bay where turquoise waters meet rugged boulders and palm forests. Choose stillness and relaxation. In between yoga sessions, you can explore jungle hikes, snorkel off of the beaches, delight in healthy Thai cuisine, dance barefoot in the beach bars...or simply camp out at the swimming pool with a book. It's all up to YOU. But, if you need any recommendations, swing by the dive centre and there you will find a team with limitless ideas you probably never knew were even an option!"



Area name / Island name

Chalok Bay, Southern part of Koh Tao

Nearest airport

Koh Samui or Bangkok

Season

All year round
The yoga studio has aircondition for the hottest days

Center type

Top ranked Yoga Studio!

The professional yoga studio is run by professional yoga worshippers and an international instructor team

Experience level

No previous experience required

Minimum age for participation

10 Years

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Location – Chalok Bay

The island of Koh Tao is full of different bays and beaches, who all have their own special atmosphere. Where Sairee Beach is known for the young crowd and great parties, Chalok is the super laid back and quiet bay down in the South of the island. But don't despair! Koh Tao is a small island, and easy to get around! Busy Sairee beach is only 5 minutes away by scooter or TukTuk. You can still join the party before you return to Chalok for a good night's sleep. Chalok is also famous for snorkelling with small Blacktip sharks and turtles in Shark Bay!!

In the area of Chalok Bay, you'll find a few lovely beaches for lazy afternoon sunbathing, plenty of delicious restaurants and cozy little beach bars too. There are also SPAs, shops, tattoo parlours, laundry facilities, kayak rentals, beautiful hikes, viewpoints and plenty of other activities around to keep you occupied when you are not underwater or on your yoga mat!

Your accommodation

Not included.

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Koh Tao is a famous island for backpackers. There are numerous things to do on this lush little green island and we recommend that you extend your package with some extra nights, to make sure you have time to really explore it.

A few things you might enjoy while not doing yoga:

1) Try diving for 1 day.

No certification or experience is necessary. You'll start at 10:30am and finish around 4:30pm, so you'll still be able to join both yoga classes the same day. During the day you have the option of doing either 1 or 2 dives.

2) Snorkeling.

A short walk from your accommodation you'll find one of the best snorkeling spots on Koh Tao. You can see Black Tip Reef Sharks (completely harmless and not dangerous) and a very large resident turtle is also often spotted.

3) Hiking.

Enjoy the views from John Suwan View Point. A 30-45 min hike offers you fantastic views of Koh Tao.

4) Beach time.

Relax and sunbathe on Chalok beach or nearby Freedom beach. Both are beautiful sandy beaches away from the busy crowds.

5) Food for your face.

Have lunch and drinks in one of the many excellent nearby cafe's and beach bars. From vegan and vegetarian dishes to greasy burgers you'll never be far from amazing food options.

6) Kayak trips

Rent a kayak and explore nearby bays.

7) Party

Head up to Sairee Beach to join one of its famous parties!



Activity starts

Morning yoga session: 9 AM

Evening yoga session: 6PM

Each class is 90 minutes

Activity starts from

All yogis meet at the Yoga Center
Please contact your dive center no later than
one week prior arrival to confirm your arrival
and pickup times

Group Size

Max 20

Language

English

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Yoga itinerary

The daily yoga schedule alternates between different styles of yoga, depending of the day of the week, the teacher and the wishes of the class.

Day 1: Start the day with a refreshing morning yoga class beginning at 9:00. After 90 min of yoga it is the perfect time to have brunch. Spend the rest of the day enjoying one of the many activities Chalok has to offer, beaches, diving, swimming, snorkeling, sunbathing, hiking and eating delicious food. At 18:00 the second 90 min yoga session of the day begins. Usually we do energetic yoga session in the morning and then more relaxing classes in the evening. A perfect way to end the day before heading out for dinner.

Day 2: You will again have the option to join 2 yoga classes. Morning class at 9:00 and evening class at 18:00.

If you want a longer itinerary, you can add extra days of yoga or accommodation upon booking.

Please note:

Due to ocean and weather conditions, the itinerary can be subject to change.



Vinyasa Flow: This class is dynamic, energetic, and creative - with an emphasis on breath as we flow through explorations in strength, mobility, and flexibility.

Hatha: Whether you're a beginner or experienced yogi, return to the core fundamentals of body-mind-breath. Hatha yoga is a harmonizing of the active and receptive energies within - building strong foundations while refining posture and presence

Yin Yang: This class is a sweet hybrid of dynamic flow and deep relaxation. After churning the inner fires (yang), we'll soften into a cooling practice (yin).

Yin: Chill, and be still. Yin yoga is a cooling practice with long posture holds that slowly access our deeper connective tissues, tendons, ligaments, bones, and joints - an excellent practice for building flexibility, and a great balance for more dynamic activities.

Mindfulness Meditation: For those who are curious about establishing or evolving a meditation practice - we'll explore the many tools of mindfulness, share challenges and insights through discussion, and practice various forms of seated, reclined, and walking meditation - bringing our body-minds into greater present moment awareness, and cultivating resilience for life.

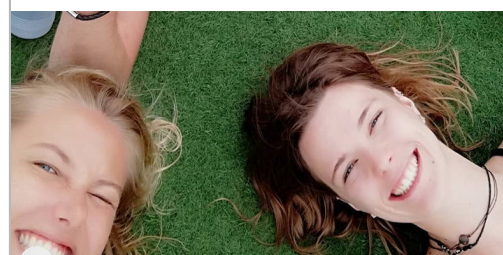
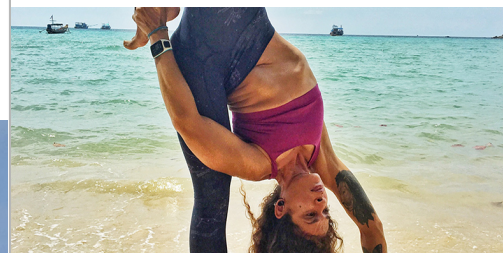
Restorative: This is a deeply relaxing, gentle practice that gives yogis a chance to consciously reconnect with the parasympathetic nervous system - the branch of the nervous system responsible for our "rest and digest" activities. We use ample props to support our bodies in soothing backbends, gentle twists, and relaxing forward folds to release any built-up tension or stress.

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Transfer information

The easiest way to get to Koh Tao is to take the bus from Bangkok. The bus leaves twice a day from Khaosan Road in central Bangkok to connect with the Lomprayah High Speed Catamaran in Chumphon, for a 1,5 hour crossing to Koh Tao. If travelling down to Koh Tao in the high seasons or around a full moon party it's always a good idea to book your bus ticket in advance. You can do this at <http://www.lomprayah.com>. You can buy the ticket in most local tourist and travel agents around Bangkok.

Regardless of where you are in Thailand prior to your trip, you can always get a package deal from the local travel agent that will get you to Koh Tao. If in doubt about your arrival or how to get to Koh Tao, contact your dive center. You need to let the dive center know your arrival at least one week in advance. You will find the details for the dive center on your voucher.



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Prices below are based on 2 persons sharing accommodation, unless stated otherwise.

YOGA PACKAGE (NO ACCOMM.)	
Days / Nights	2/0
Amount of dives	0
Price (incl. accommodation)	49 EUR

Supplements	
1 Day yoga pass	23 EUR
1 Extra day of diving (2 dives)	55 EUR
1 Extra night in dorm (after package)	22 EUR
1 Extra night in dorm (before package)	22 EUR
1 Extra night in private room (after)	25 EUR
1 Extra night in private room (before)	25 EUR
Refresher dive (added to first dive in package)	28 EUR
Upgr: Deluxe Room w. ensuite (per. night. p.p)	18 EUR
Upgr: Superior Room w. ensuite (per. night. p.p)	10 EUR

Prices for supplementary accommodation are based on 2 persons sharing accommodation, unless stated otherwise.

Supplements

A supplement can be chosen to add on your package. All supplements can also be booked on site. In high season, bungalows and boats get filled fast and you might find trouble getting an extra night in your resort or an extra day of diving. It is recommended to book an extra day prior your course to get settled and get up front on the studying.



Included

Yoga as stated in package
Yoga Mats, pillows and other gear
Professional yoga instructor
Pick up/drop off service from ferry pier

Not included

All meals
Accommodation not included

Also available on site (based on availability)

Scuba Diving
Accommodation
Yoga sessions

Cancellation

Please refer to FAQ & Terms on
www.blueventure.net

General terms and conditions

GENERAL CONDITIONS

CHANGES OF BOOKINGS:

You can change your booking request or start date free of charge.

If you need to change your booking you must contact the **dive center** directly by e-mail or phone. You will find the contact details on your voucher. For verification purpose, please remember to mention your name and booking ID.

If you want to change your start date, we recommend that you do so minimum 10 days before the beginning of your dive package. Later than this, might cause the accommodation to be fully booked for alternative dates. During high seasons, 10 days might not be sufficient time, please allow extra time for changes in the high season. As a reminder, you will receive an email with general information and contact information of your dive center 10 days prior to your start date.

CANCELLATION RULES:

Any customer has the right to cancel their booking with Blue Venture Diving. In order to do so, you must contact your selling agent. The cancellation fees and rules of your selling agent will apply for your cancellation.

Blue Venture is not liable for any cancellations done by the customer of personal reason such as/or in the same category as sickness, family, missed flights etc, or other circumstances that is beyond reasonable control such as force majeure.

Blue Venture booking cancellation

In the unlikely event that Blue Venture is forced to cancel a booking, the customer will get direct notice. A cancellation will only happen if Blue Venture finds that the contracted dive center can't perform the needed service of the booked package or if the dive standards can't be fulfilled accordingly. Minor changes in the itinerary will not be defined as a valid cancellation reason, as diving is dictated by the environment and the people enrolled in the activity.

Blue Venture will always do their best to find another operator of same or higher standard, but it is up to the customer to decide whether they want to accept the change or get a refund.

INSURANCE:

A cancellation insurance is not included. It is highly advised recommended that you obtain adequate travel insurance prior to your departure from your home country.

REFUNDS:

Medical Statement

To enroll in an Open Water Course, all students **MUST** fill in the Medical Statement. Please ensure that you have received the medical statement from your travel agent. If any questions are replied with a "Yes", the medical statement must be signed by a doctor. Failing the medical statement at the destination, and therefore not being able to enroll in the diving course, you will not be entitled to a refund.

If you have not received your Medical Statement, please make sure to print it from this link.

<https://blueventure.net/files/information/12.pdf>

Medical statements, specifically for courses in Cairns (Australia)

Entry level (E.g. Open Water course)

<https://blueventure.net/files/required/138.pdf>

Continuing education (e.g. advanced course)

<https://blueventure.net/files/required/139.pdf>

Restricted dives

Diving is dictated by the environment and the people enrolled in the activity. All diving is performance based. It is up to the discretion of the dive guide/instructor to restrict divers from entering activities that goes beyond their experience level. All guides strive to reach the expectations of the customers. However, if they find that the safety of the group or an individual is jeopardized or at risk by one or several individuals, it is up to the dive guide/instructor to restrict any divers from entering the water.

In this event the dive center or Blue Venture is not obliged to give a refund.

Dives not completed

There is no refund for dives not carried out.

Refund for dives not done for any reason is up to the discretion of the dive center. Most dive centers do not give refunds for dives not done with personal causes such as seasickness, low on air situations or a failure in mastering the equipment etc. All log books will be checked prior to the dive and the dive sites will be chosen accordingly to the experience level. It is however expected that certified divers keep within their limits and do not cross their comfort zone. Blue Venture and your travel agent is never responsible to pay a refund for dives not done.

Courses not completed

There is no refund for courses not completed! All courses are performance based, but it is up to the instructor to pass the student. If a customer can not complete a course with success they will receive their course documents for an optional referral, but the contracted dive center, your travel agent and Blue Venture is not responsible to pay a refund.

Boats or dives not departing

If boats or dives are cancelled due to bad weather or sea conditions, it is up to the dive center to re-schedule and compensate with a similar dive trip when conditions allow. If the customer does not have adequate time to enroll in another trip/course it is up to the customer to make sure the dive center notify Blue Venture of this in order to secure a refund via the sales agent who completed the sale with the customer. There will only be refund on the diving and not the accommodation.

ACCOMMODATION:

Unless mentioned in the destination information folder the accommodation is always part of the package.

If the dive center by any means can't deliver the agreed accommodation, it is up to their discretion to supply immediate accommodation of the same or higher standard. (the destination information folder is found on the Blue Venture website.)

If the accommodation somehow does not live up to satisfactory standards of the customer, the customer must contact Blue Venture by phone or email as soon as possible (preferably while still on site) in order to solve the problem.

DIVE INSTRUCTORS & DIVE GUIDES:

All contracted dive centers has been handpicked based on their level of professionalism and expertise. Blue Venture ensures that all guides and instructors have the correct education and experience. In the unlikely event that a customer suffers a bad experience with any guide, instructor or dive center facilities, Blue Venture is entitled to know, but can't by any means be held liable.

At the end of you dive experience as questionnaire will be sent out to you, that we would like you to answer. By doing this, you help securing a high level of professionalism towards all customers.

MEDICAL STATEMENT & LOGBOOK:

If you are about to enroll in a dive course (entry level only), you must fill out the RSTC Medical Statement before you leave your home country. Please make sure your agent has provided you with the RSTC Medical Statement. You can also print the medical statement from the link, further up on this page. If you need the medical statement reviewed by a doctor, you have 10 days from the date of the booking with the option of cancelling for free.

If you are already certified as a diver and about to go fundiving, you must remember your current dive certificate and your personal logbook or dive computer.