



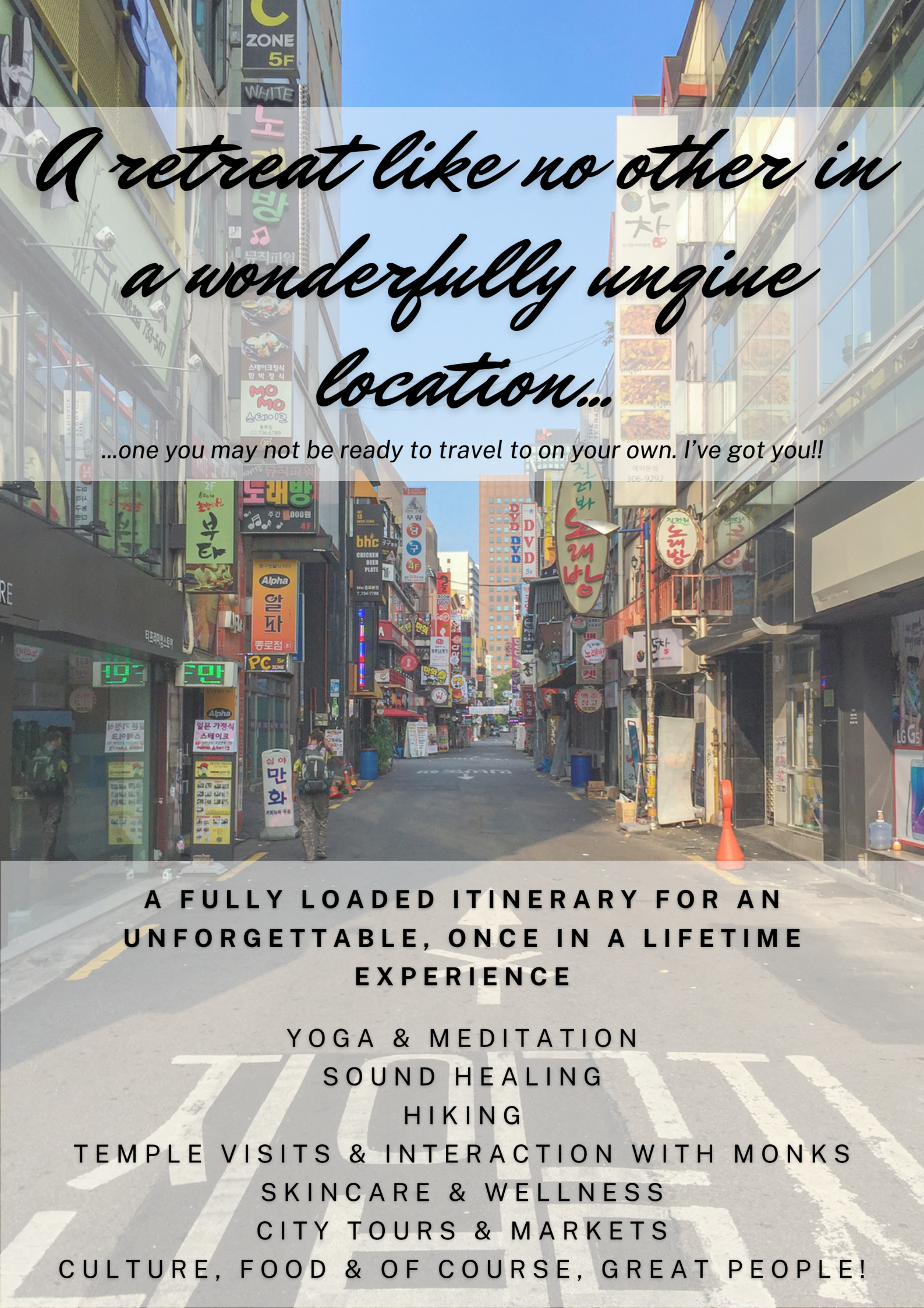
South Korea RETREAT *with Lauren Anne*

DISCOVER SEOUL & JEJU
ISLAND AS THE CHERRY
BLOSSOMS BLOOM!

12-17 APRIL 2024



LAUREN ANNE



*A retreat like no other in
a wonderfully unique
location...*

...one you may not be ready to travel on your own. I've got you!!

**A FULLY LOADED ITINERARY FOR AN
UNFORGETTABLE, ONCE IN A LIFETIME
EXPERIENCE**

**YOGA & MEDITATION
SOUND HEALING
HIKING**

**TEMPLE VISITS & INTERACTION WITH MONKS
SKINCARE & WELLNESS
CITY TOURS & MARKETS
CULTURE, FOOD & OF COURSE, GREAT PEOPLE!**

Day One

**3:40AM (EK 322) Depart
DXB**

**5:00PM Group Transfer to
Shilla Hotel, Seoul**

Welcome Circle

**Temple Food Experience at
Sanchon Restaurant**

Day Two

8:00AM Yoga & Meditation

9:30AM Breakfast

**Day Sightseeing to Bukchon
Hanok Village, Insadong Street**

**Private Korean Tea Ceremony
Experience at Rakkojae Culture
Lounge**

**Myungdong Night
Market**

**itinerary is subject to change*



Day Three

8:00AM Yoga & Breathwork

9:30AM Breakfast

1:20PM Fly to Jeju Island (KE 115)

**Group Transfer to Amber Pure Hill
Hotel & Resort**

**Tour of Yakchusan Temple and
interaction with the monks**

8:00PM Sound Healing



Day Four

8:00AM Yoga

9:30AM Breakfast

**Hwansang Forest Gotjawal
Park Footbath Healing
Experience & Tour of O-
SULLOC Tea Museum**

8:00PM Yin Yoga

**itinerary is subject to change*

Day Five

8:00AM Yoga

9:30AM Breakfast

Tour to Shihyo Flagship for product testing, skincare routine advice & blending tea testing service.

Hike to Hallasan National Park if time allows.

8:00PM Sound Healing

Day Six

8:00AM Closing Circle

9:00AM Breakfast

12:25PM Fly to Seoul (KE 1200)

Optional Shopping Tour or Free Day.

Group Transfer to airport

11:55PM (EK 323) Depart ICN

**itinerary is subject to change*

The background of the entire page is a soft-focus photograph of two young women standing outdoors. They are wearing traditional Korean Hanbok; the woman on the left is in a yellow top and black skirt, while the woman on the right is in a pink top and white skirt. They are holding large, traditional Korean umbrellas (Jongno) in yellow and pink. The background is filled with out-of-focus pink cherry blossoms.

Inclusions

2 nights' accommodation in Seoul

3 nights' accommodation on Jeju Island

Return flights via Korean Airlines for Jeju Island

Airport Transfers (for recommended flights*)**

English speaking Tour Guide

Private Transfers & Tours

Applicable entry fees for arranged tours

Activities and meals as outlined in the itinerary

All group sessions & workshops

Exclusions

International flights to Seoul (see recommended flights*)**

Visa Fees

Travel Insurance

Meals not mentioned in the itinerary

Alcoholic beverages

Shopping and personal expenditure

Private session with Lauren Anne

The Package

SINGLE OCCUPANCY

17,950 AED / \$4,890 USD

DOUBLE OCCUPANCY

13,950 AED / \$3,800 USD per person

Recommended Flights

If travelling from Dubai...

EMIRATES

**12 April 2024 - Depart 3:40AM / Arrive 5:00PM
DXB-ICN (EK 322)**

**17 April 2024 - Depart 11:55PM / 4:25AM (+1)
ICN-DXB (EK 323)**

If you are travelling from another country please try to arrange your flight times according to the departure and arrival times above if you'd like to avail of the group airport transfers.

Your Host

Lauren Anne is a strong believer in **balance, unique experiences** and the **importance of connection** (not only to others but also to yourself).

As a Yoga Teacher, Sound Healer & Life Coach with a background in Psychology and life in the corporate world, Lauren Anne takes a 360 degree approach to planning retreats with not only the hope that it will be enjoyable but rather, that it will be **life changing!**

Amongst the more usual locations like Bali & Thailand this retreat will be the 3rd “*off the beaten path*” location preceded by Socotra (2022) & Nepal (2023) and her **14th retreat since 2022.**



Why you should join...

(...from just some of the hearts of those who have!)

Lauren held all of us, created a space where everyone felt **safe to be vulnerable**, to crack open our hearts, to let the tears flow, and to let the **laughter and joy go unbridled**. I met my inner child over and over again, and have **formed lifelong friendships** with souls I am so fortunate to know and care for.

It was **a retreat of dreams** — one that will allow each one of us to move forward with even more love and growth in our lives. **Truly, deeply life-changing.**

She packages everything together so well, and **makes everything seamless**. No one had to worry about anything, she has solutions for everything, and pleasant surprises all the way through

“I’ve never felt so inspired by someone.”

“The retreat is an unforgettable moment of my life! And of course all the activities and adventures were amazing - but, sharing it with Lauren and the group is what made it unique!”

Always **fully present and engaged** with all of us. That was so beautiful!

Lauren creates a **magical energy** between the group and holds space for each and every one to share and be open to the experience. She makes all **feel welcome, safe and free** to express themselves.

I have done other retreats in the past and this by far is the best one
Lauren you made everyone feel like they are hosted in your own home though it was an international retreat.