

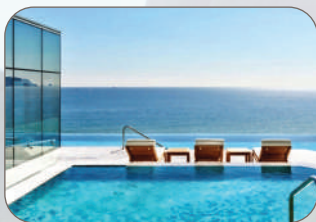
# REJUVENATE & REBALANCE

A YOGA RETREAT IN JEON-JU & BUSAN WITH MINSU  
20 – 26 October 2024 (7D6N)

• LED BY YOGA INSTRUCTOR MINSU •



Venture with us to the picturesque cities of Jeon-Ju and Busan, Korea, and embark on an unforgettable journey of rejuvenation and inner peace in this exclusive yoga retreat.



## DATES:

20 – 26 OCTOBER 2024

## PACKAGE INCLUDES:

- 6N accommodation
- Daily breakfast
- Daily curated yoga sessions
- Rental of studio for yoga practice
- Group tour bus charter / services

*Kindly note that attendees will need to bring their own yoga mats and any other props deemed necessary for the practice*

## ABOUT THE RETREAT

Led by our very own Minsu Cho, this retreat offers a perfect blend of traditional Korean culture and transformative power of yoga. From sunrise yoga to meditative hikes along scenic trails, each day is designed to enhance your well-being and connection with nature. Immerse yourself in daily yoga sessions, mindful meditation practices, and explore the vibrant landscapes and rich heritage of these two stunning cities.

Explore historic temples, enjoy mindful walks in peaceful gardens, and participate in unique local experiences that will nourish both body and mind. Our journey will continue to the vibrant coastal city of Busan, where calming sounds of the ocean and stunning beach vistas provide the perfect backdrop for deepening your practise.

Whether you are a seasoned yogi or new to the yoga practice, this retreat promises to nourish your mind and body.

## ABOUT THE ACCOMMODATION

### JEON-JU

Nestled in the heart of Jeonju, Wangyijimil Korean Traditional Hotel offers an authentic experience of Korea's rich cultural heritage. This unique hotel blends modern comforts with traditional Hanok architecture, providing guests with a serene and immersive stay.

### BUSAN

Grand Josun Busan stands as a beacon of luxury and sophistication in the vibrant city of Busan. Overlooking the stunning Haeundae Beach, this five-star hotel offers breathtaking ocean views and unparalleled service.

## TENTATIVE ITINERARY

20-26 October (7D6N) (Sunday - Saturday)

Day 1 : 20th October (Sunday)

- 10:30pm (19 Oct) - Group meet-up at Changi Airport, Singapore, for 12:35am, 20 October Flight to Busan
- 8:05am (20 Oct) - Arrival at Busan Airport, followed by breakfast.
- Group transfer to Jeon-ju City via chartered bus service
- Lunch in Jeon-Ju
- 3:00pm - Check-in to hotel
- Group sightseeing tour of Jeon-Ju Hanok Village and Gyeonggijeon Shrine
- Dinner
- Return to hotel for the night

Day 2 : 21st October (Monday)

- 8:00am -Morning yoga session
- Breakfast at Jeon-ju City
- Group sightseeing tour of Jeon-Ju city, hanbok experience, Jeon-ju Hanok Village, Jeonju, Nanjang, and Jeondong Catholic Church
- Group lunch in Jeon-Ju city

- Day 2 : 21st October (Monday)**
- Group sightseeing of Korea Expressway Corporation Arboretum (Jeon-Ju Arboretum) and Cheongyeollu
  - Dinner in Jeon-Ju City
  - Evening walk in Deokjin Park
  - Return to hotel for the night.
- Day 3 : 22nd October (Tuesday)**
- 8:00am
- Morning yoga session
  - Brunch
  - Group hiking tour of Maisan Mountain, Jinan (4hour course), sightseeing of Nambu Sijang (market)
  - Dinner in Jeon-Ju City
  - Return to hotel for the night
- Day 4 : 23rd October (Wednesday)**
- 8:00am
- Morning yoga session
  - Breakfast at resort
  - Group sightseeing tour of Deokjin Park
  - Lunch
  - Group bus charter to Busan
- Day 5 : 24th October (Thursday)**
- 8:00am
- Morning yoga session on the beach
  - Breakfast
  - Group outlet shopping trip at Lotte
  - Lunch
  - Group sightseeing tour of Songjeong beach and Gwangalli Beach.
  - Dinner
  - Free and easy after dinner
- Day 6 : 25th October (Friday)**
- 8:00am
- Morning yoga session on the beach
  - Breakfast
  - Group sightseeing tour of Taejongdae Resort Park
  - Lunch
  - Group sightseeing tour of Busan Gamcheon Culture Village and Kukje's Sijang (market)
  - Dinner
  - Return to hotel for the night
- Day 7 : 26th October (Saturday)**
- 8:00am
- Morning yoga session on the beach
  - Breakfast
  - Group sightseeing tour of Haeundae Blueline Park
  - Lunch
  - Group bus charter to airport
- 6:20pm
- Depart to Singapore

## PACKAGE PRICES (PER PAX)

(NOT INCLUSIVE OF AIRFARE)

|                                          |             |
|------------------------------------------|-------------|
| First 6 Sign-ups                         | S\$2,150.00 |
| Early Bird Rate (till 23 September 2024) | S\$2,300.00 |
| Regular Rate (from 24 September 2024)    | S\$2,875.00 |

*All rooms are double occupancy sharing room. In the event that you or the company are unable to find a second person for room-sharing, you may be required to top-up the necessary amount for a single occupancy room.*

## RECOMMENDED FLIGHTS

**SINGAPORE – BUSAN (20 OCTOBER, 12:35AM – 08:05AM):**

JEJU AIR, BOEING 7377C 4056 (Economy)

**BUSAN – SINGAPORE (26 OCTOBER, 6:20PM – 11:35PM):**

JEJU AIR, BOEING 7377C 4055 (Economy)

**QUICK! SECURE YOUR SLOTS  
VIA ONLINE RESERVATION TODAY!**

**OR**

**EMAIL US AT**  
[events@yogaedition.sg](mailto:events@yogaedition.sg)

For other enquiries, also drop us an email at  
[events@yogaedition.sg](mailto:events@yogaedition.sg)



Prices are inclusive of prevailing GST. Slots are limited and will be allocated on a first-come-first-served basis. Upfront payment is required before a booking can be confirmed. A minimum of number of sign-ups is required for this retreat to run. In the event that Yoga Edition decides to cancel this retreat, a full refund will be accorded to affected registrations. No refunds or credits will be given for cancellation initiated by registrants. Other terms & conditions apply. \*In the event of discrepancies between the printed and web versions, the web version shall prevail.