

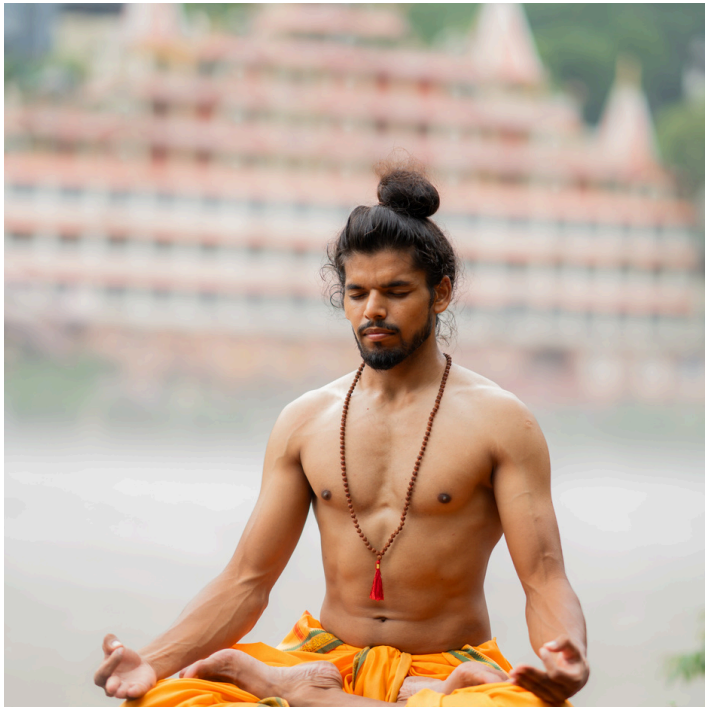


AMBONG · AMBONG

YOGA & WELLNESS RETREAT

April 26th - 29th, 2025
Ambong Rainforest Retreat
Langkawi, Malaysia

A serene rainforest retreat for yoga, wellness, and rejuvenation.



Meet the Instructor

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Deepak is a dedicated yoga teacher who has been following the yogic lifestyle for over 10 years. His journey into yoga began as a personal quest for mental clarity and physical well-being, and over the years, it has evolved into a passion for sharing the transformative benefits of yoga with others. Deepak resides in an ashram, where he lives a simple, disciplined life deeply rooted in spiritual practice and service. This environment fosters his connection to traditional teachings and allows him to immerse himself fully in the yogic lifestyle.

Known for his grounded teaching style, Deepak integrates ancient practices with modern insights, fostering a supportive space for students to deepen their own journeys. His classes blend physical postures (asanas) with mindful breathwork (pranayama) and meditation techniques, focusing on both strength and flexibility—of the body and the mind. Deepak emphasizes yoga's holistic approach, guiding students not only through asanas but also in cultivating mindfulness, balance, and inner peace.

Outside of teaching, Deepak is an avid practitioner of Ayurveda and continues to study various aspects of yoga philosophy. He lives in harmony with nature, health, and spirituality, aiming to offer a living example of the transformative power of yoga. His genuine desire is to help others lead more centered, balanced lives, bringing the teachings of yoga into everyday practice.

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Sugu is a 500 RYT-certified yoga instructor and a Biomedical Science graduate with expertise in sports medicine and spine health. Her yoga journey began in 2019, leading her to complete a 200-hour teacher training in Hatha Yoga and Meditation in Singapore, followed by a 300-hour advanced program in Hatha, Ashtanga, Ayurveda, and Indian Philosophy in Rishikesh, India.

Combining her deep understanding of anatomy with various yoga styles, Sugu offers tailored sessions that integrate pranayama and meditation, promoting holistic well-being. Her approach blends science and tradition, helping students build strength, flexibility, and mindfulness in their practice.



Why choose this retreat?

At this retreat, we offer a truly immersive and authentic yoga experience guided by Deepak, an experienced teacher from Rishikesh, India—the birthplace of many yogic traditions. Alongside him, Sugu, our dedicated in-resort yoga instructor, provides additional support, ensuring a well-rounded and enriching journey for all participants.

Designed for a small & cozy group, this retreat is suitable for all levels, from beginners to seasoned yogis looking to deepen their practice. The program offered blends yoga, meditation, cleansing practices, and mindful nutrition to promote holistic well-being.

Nestled in the lush rainforests of Langkawi, we provide a serene escape from the crowds of other popular yoga destinations, with the added benefit of affordable luxury and easy accessibility—just a direct flight from Penang, Kuala Lumpur or Singapore. With limited spots available, this is a rare opportunity to rejuvenate in an intimate, supportive environment tailored to every stage of your yoga journey.

26th April (Day 1)

2:00PM - Arrival and check in

4:00PM - Orientation followed by Restorative yoga (90 minutes)

7:00PM - Group dinner (Vegetarian)

27th April (Day 2)

7:30AM - 2 hour of yoga, cleansing, pranayama and meditation

9:30AM - Breakfast

11:00AM - Leave for 'Buluh & Tebing' farm tour, yoga, cooking demo with Chef and vegan lunch

**Dinner is not included

28th April (Day 3)

7:30AM - 2 hour of yoga, cleansing, pranayama and meditation

9:30AM - Breakfast

11:00AM - Free and easy (lunch is included at flexible timing)

12:00PM - Check-out (for 3D2N participants)

4:00PM - 1 hour yoga inclusive of theory

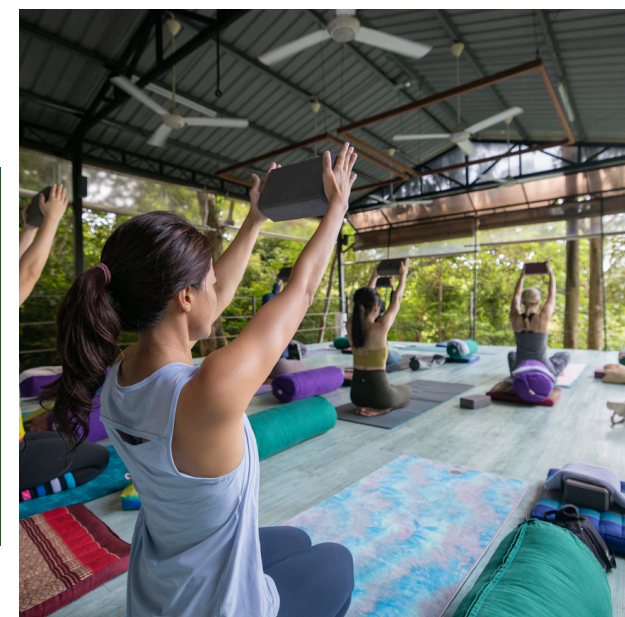
7:00PM - Group dinner (Vegetarian)

29th April (Day 4)

7:30AM - 2 hour of yoga, cleansing, pranayama and meditation

9:30AM - Breakfast

12:00PM - Check out



The Itinerary

The Package

3D2N Offer

From MYR 3,300 (USD 740) for Cottage
From MYR 4,880 (USD 1,100) for 1-bedroom Private Pool Villas

Rate is per person **Standard rate**
Early Bird Offer From MYR 3480 (USD 790) - Cottage
From MYR 5100 (USD 1150) - Pool Villa

4D3N Offer

From MYR 4,100 (USD 920) for Cottage
From MYR 6,440 (USD 1,430) for 1-bedroom Private Pool Villas

Rate is per person **Standard rate**
Early Bird Offer From MYR 4350 (USD 980) - Cottage
From MYR 6780 (USD 1520) - Pool Villa

What's included

Accommodation

4 days, 3 nights
or, 3 days, 2 nights

Yoga & Meditation

Total of 9.5 hours of sessions led by two instructors

Spa Experience

One-time 60-minute body massage at Amaala Spa (available during operating hours)

Meals Included

4D3N - Three breakfasts, two lunches, and two vegetarian dinners

3D2N - Two breakfasts, two lunches, and one vegetarian dinner

Exclusive Experience

One-time 'Buluh & Tebing' organic farm tour and farm-to-table cooking demo with the Chef

Extras

Welcome drink and welcome gift

Yoga mats are available at the resort, or feel free to bring your own.



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1-bedroom Private Pool Villa



2-bedroom Cottage



Useful Information

Useful information

- Check-in 2pm : Check-out 12pm.
- Mini markets, restaurants and the beach are within walking distance.
- Breezy yoga deck and outdoor shared pool at the resort.

How to get to the resort:

From airport to the resort is a quick 20-min drive by taxi. (Airport code: LGK)

Taxis are on standby at the airport. You can find the taxi ticketing counter just outside of Door #4 at the airport (near arrival hall). One way fare is about RM 40.

If you use a mobile app 'Grab', it will be a cheaper option at around RM 20 (for sedan).

If you are coming by ferry, the jetty is about 30min away. Public transportation such as taxis and Grab cars are easily found.

Payment information

- Early Bird Offer ends on 20th March 2025. Standard rates apply thereafter.
- Payment can be made via credit card or bank transfer.
- Bank transfer is available for Malaysian banks only.
- Full payment is required to confirm the booking.
- One month cancellation period is required up to 25th March 2025.
- Any modifications or cancellations on and after 26th March 2025 will incur total cost.

Contact us

Please contact at **012 - 702 8428 (WhatsApp)** or **reservations@ambong-ambong.com** for any inquiries and reservation matters.