



Welcome to the Yoga Palace! 🙏

We're absolutely thrilled you've chosen us for your yoga retreat adventure. Get ready for an amazing experience in beautiful Kampot!

Check-in & Check-out

Settle in anytime after 2:00 pm. Check-out is by 12:00 pm.

We're Here to Help

Our reception is open 7:00 am - 8:00 pm daily. Need something after hours? Just WhatsApp or Telegram Jake at +855 71 784 1768.

Nourish Your Body

Three delicious meals a day are included! Fresh water, fruit, green tea, and other herbal teas are always available in our community hall and shala.

Comfort & Care

Want fresh towels or room cleaning? Just ask! We're happy to help.

Treat Yourself

Healing Touch

Book a Structural Integration session with Noah for just \$30 (about an hour). Traditional Khmer massages with local therapists are also available - ask us for details!

Private Practice

Want some one-on-one time? Private yoga sessions are \$25 for an hour. Chat with any of our teachers to set it up.

Discover Amazing Kampot

We'd love to help you explore our incredible region! Don't miss:

- La Plantation Pepper Farm
- Bokor National Park
- Phnom Chhngok Cave Temple
- Sunset River walk
- Wat Sampov Pram Temple
- "Green Cathedral" Kayaking

Getting Around

Want to rent a moto? We can connect you with a reliable company who'll deliver right to the Yoga Palace. You'll need your passport as a deposit.



Retreat Guidelines

Peaceful Vibes

We keep our space alcohol and drug-free to maintain the retreat atmosphere.

Coming & Going

Our main gate is open 7:00 am - 10:00 pm. Planning to return late or leave early? Just let us know ahead of time.

Rest & Reflection

Quiet hours are 10:00 pm - 8:00 am so everyone can recharge.

Guest Policy

Rooms are for retreat guests only. Friends can join yoga classes or workshops for \$6 (24,000 riel).

Digital Detox

We encourage you to keep your phones off or on airplane mode as much as possible, and not to take them to to Yoga classes or meals.

Wifi Access (There are three routers in the building)

Sunrise - password : 99998888

Sunset - password: 88889999

Daily Schedule

7:15 - 8:30	Morning Yoga Practice
08.30-09.30	Breakfast
11:00 - 12:00	Workshop Time (Monday - Saturday)*
12:00 - 13:00	Lunch
17.15 - 18.30	Sunset Yoga with Meditation
18.30 - 19:30	Dinner
19.30 - 20.00	Meditation
22:00	Gate closes, quiet time

This schedule can sometimes vary a little, but we will let you know!

*We use the workshop time group exercises, meditations, and similar activities.



Welcome to the International Village

This area gets its name from the fact that a lot of foreigners live here. Everything on this map is walking-distance away. **Domrey** mini-mart has all the essentials you may need. **Bohemiaz** has two swimming pools, a jacuzzi and sauna. **Bohr's Cafe** is where to go if you fancy a strong coffee and there is also a bookshop.

If you need to do your laundry, a little shop just down the road provides this service.

