

The Joyful Path

Yoga and Self Care

Cambodia Retreat 28th July - 2nd August, 2025

INFORMATION

Julie Sexton, Joanne Richards and Suzie Jokic from *The Joyful Path Yoga and Self Care Studio* in Victor Harbor South Australia will be travelling to Cambodia to facilitate a five night Retreat at the Hanchey Bamboo Resort in Kampong Cham. Hanchey Bamboo Resort, overlooking the beautiful landscape to the Mekong, trains and employs disadvantaged youth from the *Smile School*, a vision and mission created by a local NGO, Buddhism for Social Development Action (BSDA). The Resort generates revenue to support the continuation of the school and other BSDA projects.

It is our intention and aim for the retreat and the programme we have created to allow you to travel to a place within of deeper connection and clarity. Connection to yourself, to the environment and to each other, recognising a state of oneness with all. There will be opportunity to experience being in silence; opportunity for greater awareness of patterns and conditioning; opportunity to release, shift and raise the frequency of your energy; opportunity to be present and live more in the flow; opportunity to stretch, move and use your voice; and an opportunity for fun and sharing.

We will meet in Phnom Penh to depart early on Monday July 28th. We suggest arriving a couple of days early to take in the sights of Phnom Penh. We will also recommend a hotel and will make a group booking, or you can choose to find your own accommodation. We depart the retreat on Saturday the 2nd of August and will travel to Siem Reap. However, if you need to travel back to Phnom Penh, it is possible by local bus or taxi. We will again make a group hotel booking for those of us going to Siem Reap, or feel free to organise your accommodation and discover this area on your own.

HOW TO GET THERE

Julie is looking into flights for those travelling from Adelaide. However, if you live in another state or country, you will be required to organise your own flights. Visas for Cambodia are required and can be purchased online.

WHAT TO BRING

We are travelling during the monsoon season, so it is warm and there may be daily bursts of rainfall. Therefore, light loose clothing is recommended including your yoga sessions. Mats and blocks etc are all provided by the Resort, so there is no need to bring any personal yoga equipment. If you like using an eye pillow for shavasana or relaxation, please bring your own along.

Also, please bring a journal and pen.

CURRENCY / INSURANCE

Cambodia uses US\$ everywhere, so be prepared to convert funds into this currency.

Health insurance is recommended.

PAYMENT

A deposit of \$200 is required when booking. The remainder can be paid by installments with the full and final payment by July 10th 2025.

Account details will be supplied on registration.

With gratitude and a sense of adventure ~

Julie, Jo and Suzie