

A GIVE BACK

Re-treat experience

SIEM REAP, CAMBODIA 12 – 17 MARCH

Wellness
with
Purpose



NAMASATE WELLNESS CAMBODIA
&
THE ULTIMATE YOGA STUDIO MYANMAR



COMPASSION RE-TREAT



Embark on a profound journey inward, one that fosters compassion for yourself and extends naturally to others.

You will experience not only lasting shifts in your practice but also a renewed approach to how you live, connect, and care.

An exclusive mindful program, with the intention to give back, that weaves together:

Meditation | Mindful Movement
Mindfulness | Yoga Asana
Community Workshops

Step into a dedicated space designed to nourish body, mind, and heart.



BE PART OF THE
KINDNESS
COLLECTIVE



COMPASSION
FOR SELF
FOR OTHERS

MEET KHAING

THE ULTIMATE YOGA STUDIO | MYANMAR

A devoted meditation and E-RYT 500 teacher with heart for community. In 2019 she founded Ultimate Yoga Studio in Myanmar, a space dedicated to the values of love and gratitude. Her practice is deeply rooted in yogic wisdom and metaphysical science, and she has led more than 60 retreats and workshops exploring the essence of being and yoga philosophy.

Khaing deeply beliefs everyone can take responsibility to reveal the essence of who they are. Unconditional love, joy, serene peace and infinite wisdom are already within.



@.FACEBOOK/KKNYEIN

MEET NINA

NAMASATE WELLNESS | CAMBODIA & MYANMAR

With Namasaté – Wellness for Social Impact, Nina blends her background in movement and community work. Dance and social projects have always been her passions. Over a decade across Southeast Asia, she found yoga, completing a 500YTT and continuing as a lifelong student.

For 15 years, she has worked in development and taught dance, later expanding to barre and vinyasa, while volunteering for social causes. Since 2018, she has offered free classes and Namasaté's Mindful Moves workshops, reaching shelters in Myanmar and projects in Cambodia. Nina believes the wellness scene can do better, emphasizing ethical practice and inclusivity.



@.NAMASATEWELLNESS



THE KINGDOM OF WONDER

Siem Reap, the soul of
Cambodia.
From sacred temples
to lively markets.





TASTE THE CULTURE

MEALS THAT NOURISH BODY AND MIND

Experience the essence of culture through food that nourishes both body and mind. With a focus on nutrition and sustainability, we'll explore local flavors, support local businesses, and celebrate local produce.





SUPPORT YOUR LOCALS



Not only do you give back to local projects in Siem Reap with workshops, eating local and attending a community activity.

You directly support the Women's Shelter in Mandalay, Myanmar. Mandalay, the place where our heart is. Home to Khaing and once to Nina, where strength grows amidst daily hardship.

Since 2019, Namasté has walked alongside women's shelters across Myanmar, sharing free dance and yoga classes as tools for healing. The Ultimate Yoga Studio is rooted in gratitude, dedicated to giving back and nourishing the communities that have given us so much.

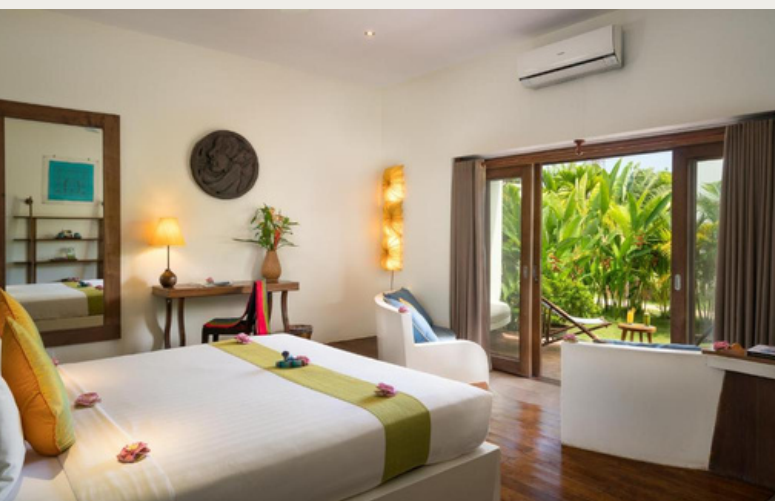
READ MORE @NAMASATEWELLNESS/GIVEBACK



RELAX | RENEW

at Navutu Dreams Resort. A Wellness Sanctuary in Siem Reap where soul meets tropical beauty. This is a place with a heart for Cambodia and a passion for your well-being.

Begin and end each day in the tranquil yoga shala. Between sessions, nourish your body with wholesome cuisine, and spend some time reflecting or basking by one of the three shimmering pools in the lush gardens.



EARLY BIRD

(UNTIL NOVEMBER 15TH)

COUPLE & FRIENDS
DOUBLE OR TWIN ROOM
\$1,185 P.P.

SINGLE OCCUPANCY
DOUBLE ROOM
\$1,635

ONLY 6 EARLY BIRD
PLACES AVAILABLE

STANDARD

(FROM 16TH NOVEMBER)

COUPLE & FRIENDS
DOUBLE OR TWIN ROOM
\$1,325 P.P.

SINGLE OCCUPANCY
DOUBLE ROOM
\$ 1,825

* INCLUDES ALL TAX – INSTALMENT PAYMENT OPTIONAL
DEPOSIT AT BOOKING (30 %) IS NON-REFUNDABLE.
BALANCE (70 %) DUE FEBRUARY 7TH 2026

20 HOURS COMPASSION PROGRAM

Meditation | Mindfulness | Mindful Movement | Asana | Workshops

5 NIGHTS AT NAVUTU DREAMS WELLNESS RESORT

with excellent breakfast

2 Nutritious & Delicious Lunches + Dinners

1-hour Khmer spa treatment.

“Support Your Locals” activity:
your choice of community project to engage in.

\$75 direct donation for basic needs at the
Women’s Empowerment Shelter in Mandalay.

Organic goodie bag
handwoven Myanmar cotton tote bag
with Cambodian organic products

Airport transfers and local transportation

NOT INCLUDED:

Flights (add - on possible) | Travel insurance | Additional food, drinks and activities

BE PART OF THE KINDNESS COLLECTIVE



“If you’re in need, please take. If you have extra, please donate.”



for info and booking:
nina@namasatewellness.com