



*Let Nature Inspire Your Creative Spirit*

## **Sacred Rest with Nature Retreat at Museflower**

**Nov 29 - Dec 4, 2024**

**Facilitators: Youmin Yap and Tania Ho**



*"The world needs you and what you have to offer.  
But it needs the fully alive, well-rested you, not the exhausted you."  
~ Karen Brody, founder of "Daring to Rest" program*

**Perfect for anyone who wants to wrap up the current year with gentle rest  
And enter the new year with authentic clarity and renewed energy**

Sacred Rest with Nature is a deliciously restful retreat. It is a space to slow down from the doing, and tune into your inner rhythm. It is a time to embrace rest as a sacred practice.

Through nurturing your body, mind, and soul in Nature, you can cut through all the noise and start to listen to your inner voice – the voice that matters the most.

### **Museflower Retreat & Spa**

159/1 Moo 1 Ban Samanmit, Donsila Sub-District, Wiang Chai District, Chiang Rai 57210, Thailand

Reception Tel: +66-(0)-93-137-0414, +66-(0)96-262-2465

Email: [retreat@museflower.com](mailto:retreat@museflower.com)

Website: [www.museflowerretreat.com](http://www.museflowerretreat.com)



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This 6-days-5-nights retreat is designed to provide wellness experiences to guide you to be in rest, such as forest bathing, yoga nidra, cacao ceremony, and shamanic journey. The retreat program is also sensitively curated to offer spaciousness - downtime to reflect and integrate, to enjoy the facilities at Museflower Retreat & Spa, or to simply to be.

#### **Why is rest important?**

Most of us are addicted to busyness. We push ourselves to create more, to achieve more, and to tick off more boxes from our to-do lists every day.

More and more of us have forgotten the importance of rest, as shown by the rising cases of anxiety, chronic fatigue and burnout all over the world.

Nature is the best teacher for rest. If we look at the seasonal cycle of Nature, the winter season is as important as other seasons. Even though during winter it seems like nothing much is going on the surface, but in the darkness the soil is preparing and replenishing itself to be ready and to support the next cycle of crops.

So when we gently rest to reflect on the current year, we are giving ourselves space to return to our center and to allow clarity arise.

#### **How do we rest?**

For each day of the retreat program, you are invited to receive various rest medicine inspired from Nature's four elements: Earth, Water, Fire and Air.

Every day we will lie down and rest in yoga nidra, a yogic sleep meditation.

We rest in the element of Earth through forest bathing and shamanic journey.  
We rest in the element of Water through cacao ceremony and forgiveness practice.  
We rest in the element of Fire through fire release ceremony and story circle.  
We rest in the element of Air through creative tea blending and kirtan.

Sacred rest is not only the time to practice doing nothing, but it is also a time to tap into your heart and to listen to your soul's whisper.

Rest is also productive. When we allow ourselves to rest, we are replenishing our inner Earth, Water, Fire and Air. We are then ready for something new to unfold for the new year.

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*"This whole program is well crafted. The various kind of rest that one can engage with is simple yet powerful. The pace and the flow of the program is just nice, not too pack, every pockets of free time allow us to self-direct on how we want to spend the day."*

*~ Krris Y., Singapore*



### **This Retreat is Right for You if You Want to:**

- Intentionally and gently wrap up the current year
- Slow down to replenish and to recharge your energy
- Enter the new year with an authentic clarity for yourself
- Cut through all the noise and to listen to your inner voice
- Experience restful ways to connect with Nature
- Feel supported in a community setting with like-minded individuals

### **What We Will Cover in this Retreat:**

- Discover and experience the 7 types of rests: Physical, Mental, Emotional, Creative, Spiritual, Sensory, Social
- Forest bathing
- Nature Yoga nidra
- Shamanic journey

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- Cacao ceremony
- Forgiveness practice
- Fire release ceremony
- Chant and sing in kirtan
- Dance meditation
- Creative tea blending workshop
- Discover your heart's intention
- Journaling time for self-reflection
- Sharing your thoughts and feelings with the group in a safe space

### **About Your Facilitator - Youmin Yap, Rest Coach & Forest Therapy Guide / Trainer**



Youmin serves as a rest coach. As Southeast Asia's pioneer certified forest therapy guide and trainer, her approach to rest for well-being is down-to-earth and nature-inspired. With her background in other practices including yoga nidra and mindfulness, she blends and curates experiences purposefully and heartfully.

Based in Singapore, Youmin supports stressed out and disconnected city dwellers on their well-being journeys. She holds safe and brave spaces for people to journey gently, to return to bodies and senses, to re-member with the basics - Nature, our true nature, slowness, simplicity, awe and wonder.

Youmin holds this quote from Lofttan dearly to her heart, and it informs many of her workshops "I don't have any magic to give you. I'm here to help you remember your own.". She founded Xiu Nature Connections, the winner of an outstanding wellness experience award.

For more information on her offerings, visit: <https://xiunatureconnections.com/>

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## About Your Facilitator - Tania Ho, Meditation Teacher & Intuitive Soul Guide



Tania serves as a meditation teacher and an intuitive soul guide to help people find clarity through meditation, intuition development, and oracle card readings.

Originally from Hong Kong, Tania now makes her home in Chiang Rai, Thailand, with her family as the founder and owner of Museflower Retreat & Spa since 2014.

Tania teaches beginners to meditate in a fun, easy and practical way. She has also studied a number of holistic therapies including devotional chanting, labyrinth walk, shamanic journeying, flower essences, and energy healing. Through her offerings, she supports and holds space for people to listen to their own inner wisdom.

For more information on her offerings, visit: [www.taniaho.me](http://www.taniaho.me)

### Program Price:

Room Type	Occupancy	Per Person Per Retreat	Early Bird 10% off before 31 July 2024
Room with Fan	Single	46,820 THB	42,138 THB
	Double	45,480 THB	40,932 THB
Room with A/C	Single	49,820 THB	44,838 THB
	Double	48,150 THB	43,335 THB

*\*Rates are inclusive of relevant government taxes. Please note that no service charge is levied.  
If you enjoy the services from our team, kindly leave them a gratuity at the Reception.*

- Deposit: 50% deposit is required upon booking to secure your spot, and all deposits paid are refundable up till Oct 15, 2024.
- Bring-a-friend special: Come together with a friend and enjoy an additional of 500THB off per person

### Inclusions:

- Five nights of accommodation with three lacto/ovo vegetarian meals per room night
- 1 x 60-min signature massage at Museflower Spa with free access to spa wet facilities

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- All sessions in retreat program
- Roundtrip pickup transfer to/from airport or bus terminal in Chiang Rai
- Complimentary wireless internet access at public areas
- Complimentary access to Himalayan crystal salt water swimming pool
- Complimentary unlimited access to Museflower Spa's wet facilities (herbal steam + mineral bath)

### **What's Not Included:**

- Yoga classes
- Additional spa treatments, classes or holistic sessions apart from the sessions listed in the retreat program
- Other personal expenses such as shopping, flight, visa, gratuity, etc.

### **Optional Extras:**

- 10% discount at The Museflower Boutique (except consignment products, drinks and snacks)
- 15% discount for additional spa treatment, holistic therapies by resident practitioners, and private or group wellness activities from spa menu (exclude private classes and sessions with visiting practitioners, bicycle rentals)
- 10% discount for additional room night from regular room rate
- Cycling around our natural surroundings and visit our big lake
- Holistic healing sessions with resident or visiting practitioners
- Sightseeing excursions to the famous Chiang Rai attractions, such as the White Temple or tour the Night Bazaar
- Car transport to Chiang Mai

### **What Others Say About This Retreat:**

*"This is just the rest I needed. I felt held by Youmin and Tania, by the amazing staff, wonderful vegetarian food and mother earth herself. What a great retreat theme! We all need deep, sacred rest."*

~ Sita K., Singapore

*"The sacred rest with nature retreat at Museflower is perfect for beginners who have zero experience in meditation but interested to learn more about mindfulness or feel a need to take a break from busy life, calm their minds and find focus. It is the perfect way to wrap up the year or reset yourself for a new year or chapter. "*

~ Jacqueline W., Hong Kong

*"It's a very holistic program where we are able to truly rest and nourish our soul physically, mentally, emotionally with nature, forming connections with people and*

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*nature. Thank you so much Tania and Youmin for organizing this! I really love this retreat and feel ready and equipped with these new practices where I can incorporate in my daily life back home. "*

*~ Maureen L., Singapore*

### **Refund & Cancellation Policy:**

50% deposit is required upon booking to secure your spot, and all deposits paid are refundable up till Oct 15, 2024. The remaining 50% will be paid upon arrival.

Early bird rate (10% off) is valid for bookings made before or by July 31, 2024. 50% deposit of the Early Bird Rate needs to be paid by July 31, 2024, and the remaining 50% paid upon arrival will be calculated based on Early Bird Rate.

Bring-a-friend special: when you bring a friend to join the retreat together, whether you are staying in the same room or separate room, you each can get an extra 500THB off from your retreat booking.

Should you cancel your booking after Oct 15, 2024, all deposits paid are non-refundable.

The center reserves the right to release non-guaranteed reservations at anytime with notification given to our guests.

In the exception case of extraordinary events, such as COVID-19, medical emergencies, travel restrictions, and natural disasters, all deposits paid can be used as credit towards any future bookings, valid for 6 months from the date of cancellation.

Should any of the facilitators have any emergencies and would need to postpone or cancel the retreat program, and replacements cannot be found, all deposits paid to Museflower Retreat & Spa will be refunded 100%.

*"Take rest; a field that has rested gives a bountiful crop."*

*-- Orid*

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***Ready to lie down and take a rest with us?***

For more information and booking, please visit our website at

[www.museflowerretreat.com](http://www.museflowerretreat.com)

or email us directly at [retreat@museflower.com](mailto:retreat@museflower.com)

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