

RETREAT

GAMBIA
WEDNESDAY 10TH - WEDNESDAY 17TH APRIL
2024

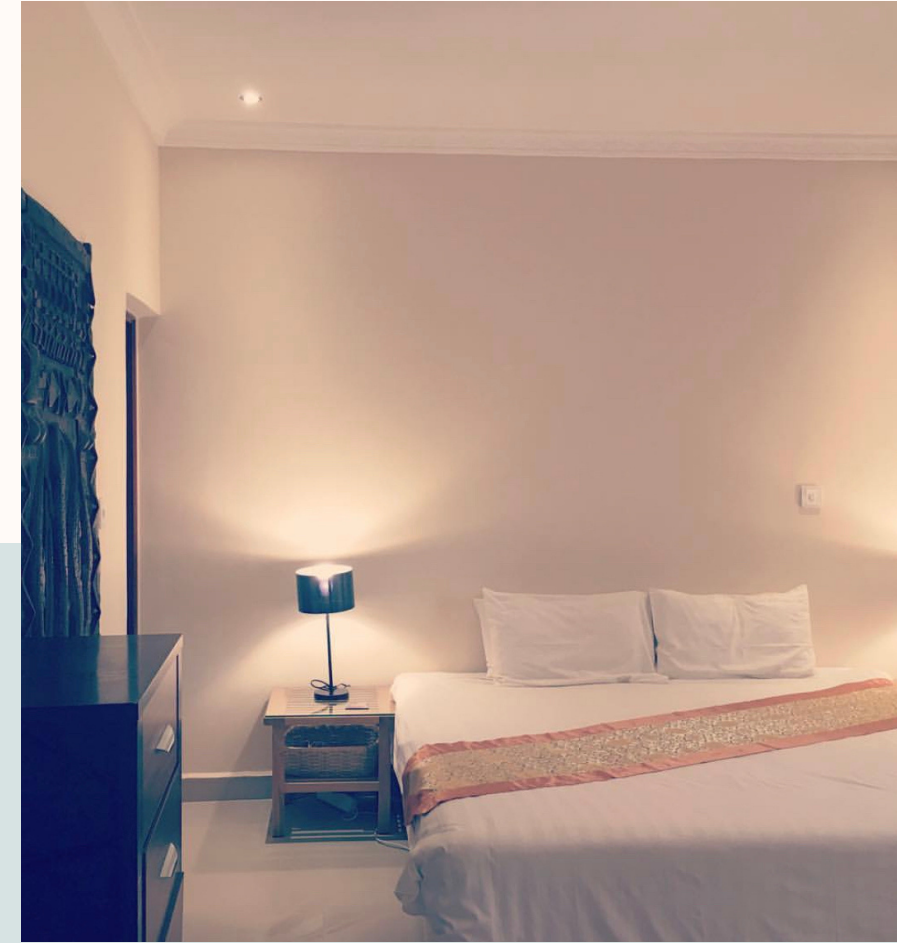


For this bespoke retreat, we are bringing together a complete wellness package.

Secluded in our luxurious resort in Gambia, we will spend seven days cleansing, toning & rejuvenating the body & mind.

TEACHING TEAM

- Rania Fawaz
- John Brown



THE BASICS



- Exceptional accommodation
- Morning guided meditation
- Up to 5 hours of yoga & wellness practices, daily
- Complete freedom to choose how much or how little practice you join
- Nourishing, organic & freshly prepared meals twice a day
- Complimentary drinking water
- Optional excursions

WHAT TO EXPECT



THE RESORT



Wrapping around the resort are its extensive, well-landscaped gardens. The resort is known for its attention to detail, beautiful natural environment and large grounds. Standing on acres of lush greenery with a magnificent view of the Atlantic Ocean.

Free wi-fi and fantastic internet.

VILLA AMENITIES

- pool
- Air-conditioning
- Beach

- Pool Towels
- Safe box
- Sun loungers
- wifi

ROOM SELECTION

:

There are 5 two bedroom Townhouses available with the following room choices,

:

5 twin bedrooms (shared)

All bedrooms are en-suites.

There is a living area with sofas, dining tables and chairs in all the townhouses

5 Double bedrooms

All bedrooms are en-suite

There is a living area with a sofa, dining table and chairs in the townhouse.



PRICING

Room Pricing & Availability

5 En-suite twin bedrooms (shared occupancy) £1285pp

5 En-suite Double bedrooms

Single Occupancy £1566pp

Couple/shared occupancy £1250pp





THE FOOD



FLIGHTS

PLEASE SEE OUR
RECOMMENDED FLIGHTS
BELOW

DEPARTURE

Manchester -Gambia

Tui

Depart Thursday 11th April 2024 - 13:30 pm

Arrive 19:00pm

Flight duration 6hrs 30mins direct

RETURN

Gambia - Manchester

Tui

Depart Thursday 18th April 20:00 pm

Arrive at 3:20 am

Flight duration 6 hrs 30 mins direct flight

Flights can be booked by a travel agency
please contact Jihan Travel agency via Watsapp if you
would prefer to use an agency

+232 76 725533



DEPOSITS &
BOOKING

£250 Security Deposit

All deposits are to be paid by bank transfer to the following account: reference: Gambia

Narali Wellness Ltd
Monzo
04-00-04
01239582

This deposit is non-refundable unless the entire retreat is cancelled

Payment in 4 instalments via bank transfer

All payments complete 30 days before travel (18/03/24)

If the retreat has to be postponed or cancelled due to Covid or travel restrictions, full refunds will be paid

Optional extras paid for individually.

Any questions please email or call your respective studio:
info@naraliyoga.co.uk / 07776205024
+44 7405 020994

