



Welcome to the Yoga Palace! 🙏

Thank you for booking a retreat with us, we will do everything we can to make you feel part of our Yoga Palace Family!

Check-in & Check-out

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

Contacting the team

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. If you have any dietary requirements or would like some extra food, just let us know.

Comfort & Care

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

Treat Yourself

Khmer Massage

Traditional Khmer massages with local therapists are also available from \$16/hour – 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 Chhnok Cave Temple
- Sunset River walk
- Wat Sampov Pram Temple
- "Green Cathedral" Kayaking

Getting Around

Rental motos are available. If you do not drive a Moto, we recommend you use the Grab app. We are less than 10 minutes away from Kampot centre.



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

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 Yoga classes or meals. If you have to use your phone for work or communication with family, we recommend only using your phone for messaging apps during your time with us.

Wifi Access (There are two 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
20.00 – 20.30	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.

