



# AMANTAKA

LUANG PRABANG LAOS

Nov 19~22 & Nov 26~29

Enter the splendour of a bygone era preserved in idyllic French villas and venerable temples elegantly blending East and West tradition. Explore the gentle spirit and dramatic natural beauty of Luang Prabang. **Be seduced by the gracious pace of Mekong river life.**

Immerse in an enchanting experience of Yoga and meditation at *Amantaka* in Laos to indulge your senses, revitalise your body and refresh your spirit! Two exclusive weekends with internationally acclaimed Yoga teacher, **CORA WEN.**

# AMANTAKA

LUANG PRABANG

**Enjoy** harmony in a weekend at Amantaka, *AmanResorts* newest gem in Luang Prabang, Laos.

**Delight** in Lao or French cuisine, and indulge with a luxurious *AmanResorts* signature wellness treatment at *The Spa*.

## Yoga with Cora

**Precise and joyful**, Cora teaches with the knowledge of a mature teacher and the heart of a true friend.

**Infectious yet calming**, Cora makes meditation and mindfulness techniques accessible to help students find freedom in body and mind.

**An Exquisite Experience**  
**2 Exclusive Weekends**  
**Nov 19-22    Nov 26-29**

**Balance** the body with yoga, and soothe the mind with the stillness of meditation to start the day.

**Tour** the extraordinary natural splendour of the region, and return for Restorative Yoga in the afternoon.

- 3 Nights Double Occupancy
- Breakfast & Dinner
- Daily Yoga & Meditation
- Excursions to Khuang Xi Falls, Mount Phousi, Pak Ou Caves
- From \$2,108 per Person
- Single and Suite Upgrade Available
- Space is limited to maintain individualised attention

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## LUANG PRABANG

Witness spectacular waterfalls, dramatic cliffs, venerable temples and ancient caves. Explore town and contemplate dusk in a shady river cafe. Rest in this peaceful vantage point and watch the gentle flow of boats, fishermen and daily life.



## AMANTAKA

South of Phousi mountain and framed by the Mekong and Khan rivers, Amantaka offers a peaceful escape in this enchanting region. A respite that mirrors the serenity of Luang Prabang.



*Cora Wen*

Cora has taught Yoga since 1994 and apprenticed extensively with America's most respected teachers. She blends safe Iyengar alignment with an active, flowing style. Certified ERYT500 with *Yoga Alliance* and registered CYT with *International Association of Yoga Therapists*.

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