



Immerse yourself in yoga and culture with this Yoga retreat in Beitou, Taiwan.

Come and experience what Taiwan has to offer, from mouth-watering local food, city sights, thermal hot springs, to thousand-year cypress trees, in addition to a restorative and reinvigorating Yoga program designed for you in the 200sqm space of our Iyengar Yoga studio at the [Light of Yoga studio](#) in Taipei Taiwan. Tony Chan is the founder of the studio and has a long-standing connection with MYC after completing his teacher training with Simon.

The full schedule and FAQ are provided below.



Retreat Schedule

Date	Day	Description	Meals Included	Details
16/4/2024	Tuesday	Travel Day		Travel to Taipei Check-in at hotel in Beitou.
17/4/2024	Wednesday	Yoga Day 1	Breakfast, Lunch, Dinner	10 - 12am Morning Yoga Class 3 - 4.30pm Afternoon Restorative Yoga Class.
18/4/2024	Thursday	Yoga Day 2	Breakfast, Lunch, Dinner	10 - 12am Morning Yoga Class 3 - 4.30pm Afternoon Restorative Yoga Class.
19/4/2024	Friday	Yoga Day 3	Breakfast	10 - 12am Morning Yoga Class 3 - 4.30pm Afternoon Restorative Yoga Class.
20/4/2024	Saturday	Yoga Day 4	Breakfast	10 - 12am Morning Yoga Class 3 - 4.30pm Afternoon Restorative Yoga Class.
21/4/2024	Sunday	Yoga Day 5	Breakfast, Dinner	10 - 12am Morning Yoga Class 3 - 4.30pm Afternoon Restorative Yoga Class Dinner - National Banquet at Grand Hotel.
22/4/2024	Monday	Travel to Alishan National Park	Breakfast, Lunch, Dinner	Checkout of hotel in Beitou Travel to Alishan National Park via MRT, High Speed Rail and Bus Check-in to hotel in Alishan Short walk in the National Park in the afternoon.
23/4/2024	Tuesday	Sunrise & Hiking	Breakfast, Dinner	Watch Sunrise in the Alishan National Park Hiking.
24/4/2024	Wednesday	Travel to Taipei	Breakfast, Lunch	Checkout of hotel in Alishan Travel to Taipei via Bus, High Speed Rail and MRT Check-in to hotel in Beitou.
25/4/2024	Thursday	Free Day in Taipei	Breakfast	Possible activities include - Taipei 101, National Palace Museum, Night Markets.
26/4/2024	Friday	Travel Day	Breakfast	Checkout of hotel in Beitou Travel Home.

FAQ

Question	Answer
What are the dates?	The retreat is for 11 days commencing on Tuesday the 16th of April 2024 and finishing on Friday the 26th of April 2024. This includes the days of travel either side.
What are the highlights of the Program?	5-day immersive Yoga program tailor made by our much-loved teachers Simon & Hasu from Marrickville Yoga at Light of Yoga @ Beitou. 3-day trip to the famous Alishan National Forest Park to experience the magnificent sun rise and sea of clouds and be surrounded by thousand-year-old cypress trees. City sights and local traditional markets. And lots of local delights – eat like a local – in Beitou Local Market and beyond! Top it off with a National Banquet in the Grand Hotel, Taipei to experience the tantalising food offered to dignitaries and national guests of Taiwan throughout our history.
What's included?	3-star accommodation in Beitou, Taipei, Taiwan and Alishan, Chiayi, Taiwan. Transportation from Beitou to Alishan and return. Meals as indicated in the retreat schedule provided below.
What do you need to organise?	Return Airfares to Taipei, Taiwan. Transfers from / to Taipei Airport. Travel Insurance. Ad-hoc meals and additional itineraries.
How much experience do I need to attend?	The retreat is open to students at Marrickville Yoga. Other Iyengar Yoga practitioners and teachers outside of Marrickville Yoga Centre are also welcome to participate. If you are not sure if you have enough Yoga experience, please email us at info@marrickvilleyoga.com.au .
Can I arrive early and depart later?	Yes, you can but please do make sure you arrive and check in at the hotel on 16th of April.
Can I arrive early and leave later?	Yes, you can but please do make sure you arrive and check in at the hotel on 16th of April.
How much does the Retreat cost?	AUD3200 per person for Twin Share. AUD3700 per person for a Single room.



Disclaimer - Please note that this itinerary is subject to change based on number of attendees, weather, hotel availability and other unforeseen factors.

Bookings can be made via our website using this link - <https://www.marrickvilleyoga.com.au/retreat>.

Please email Stuart at info@marrickvilleyoga.com.au if you need any further information.