

KUNDALINI YOGA
RETREAT

Lifestyle & Lifecycles

2025
Jul26-Aug3

INFO KIT



Chiang Rai
THAILAND

KUNDALINI YOGA
RETREAT

Lifestyle & Lifecycles

2025
Jul26-Aug3

Exploring the cycles and stages of our life, and the patterns and rhythms that help or hinder us to live happily, fearlessly, with victory...

Saturday July 26 - Sunday August 3, 2025

CHIANG RAI, THAILAND

Lead Trainer: Tonie Nooyens

In this retreat we will explore the three fundamental cycles of life: the cycles of consciousness, intelligence and of the physical body. We will look into how the dynamics of the three cycles create the flow and the different phases of our life, and how the interactions between them reflect onto our mindset, creating our personality, our attitudes, our mental and behavioral patterns.

Practicing together we will deepen our practice of meditation, involve in collective and individual meditation, and explore the relationship to our own mind and our true nature. We will work on recognizing the habits and patterns that shape our presence and behavior, and develop our intuition to become neutral and still, living mindfully and able to cultivate mental and behavioral patterns that enable us to manifest our potential and manifest our deepest longing in life.



The Lifescycles & Lifestyles course is part of the level two teacher certification program (Transformation'). The Aquarian Teacher™ of the Kundalini Yoga Research Institute (KRI) based in the USA.

The program consists of five modules: Conscious Communication, Mind & Meditation, Authentic Relationships, LifeCycles & LifeStyles, and Vitality & Stress. All courses are based on the contemporary teachings of Yogi Bajan.

Persons interested in this course but not certified as KRI level 1 Kundalini Yoga Instructor can apply to attend, writing to the lead trainer indicating reason and motivation, and previous yoga and meditation experience. Acceptance on the course is at the discretion of the lead trainer.



We all come to meditation with our own background and our own state of mind: emotional, confused, lacking clarity, looking for a deeper sense in life... We all bring our own experiences and capacities... There are many meditation traditions that provide us with pathways and tools to still and refine the meditative mind.



Key Topics

- Examine and map out the stages and cycles of life.
- Explore the essence of the different life stages and recognize critical transition points.
- Look back to understand the baggage we carry with us coming out of the early formative years and look forward from the present into the future.
- Identify habits, attitudes and practices that help or hinder to go through life healthily and successfully.
- Renew our self-concept by discovering our purpose and destiny for living an extraordinary life.
- Learn to deeply understand death, the final transition, the process of dying, the concept of transitioning from death to rebirth. Confront the fear of death and learn to prepare for the moment of death to be able to live weightlessly.

TRAINING TEAM

Lead Trainer

Tonie Nooyens is an experienced practitioner in different traditions of meditation, meditational yoga and healing. He is a certified Kundalini Yoga teacher and one of the lead trainers on the KY Asia Kundalini Yoga Teacher Training Program. He travels widely, facilitating teacher training, and leading retreats and workshops throughout Asia. Since 2007 Tonie has been based in Cambodia



Training Support



Satya Kaur is a Level 1 Kundalini Yoga Teacher and completed all of the Level 2 trainings and Level 3 teacher Training. She entered the KRI Aquarian Trainer Academy in 2019, became a Level 1 teacher trainer, and at the same time became a Level 1 trainer and Lead mentor.

'My service is teaching in the spirit of Compassion and Peace to all those who are interested in a journey of Self-Discovery, healing, and peace.'

Sunderta Rank

began her path with kundalini yoga in Thailand in 2001 and has been teaching, training and serving since then. Today she is focused on supporting teacher training and offering retreat experiences for those seeking real change in their lives. She is also specialized in women's teachings, pregnancy and online programs.





Investment / Fees

Full Fee USD 1850 per person **Early Bird USD 1700** per person

This fee includes accommodation (9 nights, 8.5 days), all meals (lacto-ovo), and refreshments during the course sessions. The course e-manual is included also. Fee includes shared room (twin). For single room (if available) add USD140 to fees. And when making payments, add transfer costs.

To Register

Satya event-info@kundaliniyogathailand.org

Cancellations and Refunds:

Refunds will be made at the exchange rate on the refund date and deducting applicable transfer charges. After **1 July, 2025**, no refund is possible.

PAYMENT

Wise: email: tonienooyens@gmail.com



*Please register as early as possible and pay the deposit to guarantee your spot. Payment of deposit at the time of registration. Full payment not later than **July 1, 2025**.*

Bank Transfer:

Account Name: A P E Nooyens

Bank:

Citibank Singapore Ltd, 23 Church Street,
#7-01 Capital Square, Singapore
phone: +65 6224 5757
Bank account no: 4-248510-019
SWIFT: CITISGSG

Important: Email a receipt of payment to verify payment.



VENUE

The retreat will take place at **Museflower Retreat & Spa**, an all inclusive retreat and spa center in the Chiang Rai countryside, about a 35 minute ride to the Chiang Rai airport. Museflower focuses on natural living and wellness, and is an ideal location for yoga and meditation programs. Enjoy peaceful time being in nature, nourishing vegetarian/ lacto-ovo meals, herbal teas and fresh fruit snacks. Program guests stay in individual cottages with double beds or twin beds - ac and floor fans available with private bathroom/shower. Spa services are available at your cost if you have time in the evening, or before or after the retreat program.





What to Expect

- An intensive retreat experience that begins with early morning practice (sadhana)
- 3-4 hours of meditation on most days and practice of pranayama and kriyas, and deep relaxation.
- Practicing together in a group of 10 or more practitioners.
- Lectures and study sessions
- During parts of the retreat, periods of silence and deep listening
- Each participant will be asked to do individual meditations during the retreat days and has to complete a 90-day meditation after the course. Many meditations will include mantra.
- During the retreat we will enjoy vegetarian food, lacto-ovo options, sampling dishes from Thai and western cuisine in a group buffet. No coffee is served onsite (herbal teas).
- Retreat center is no smoking.
- Regarding the schedule and local travel, have a look at the information and tentative schedule at the end of this document to get an idea about the flow of the days.

What To Bring

Comfortable clothes in which you can sit, do stretching and moving. Bring a headcover (cap, shawl, turban, ...). Many Kundalini Yoga practitioners wear white clothes, but any color is fine.

Although it will generally be warm do bring something warm to wear (sweater or long sleeve t-shirt), and/or a shawl to cover yourself during relaxation and to keep you warm while sitting in the early morning. It will also help against insects attracted to the light in the morning and early evening sessions.

Bring a head cover for specific meditations, and your personal yoga mat and mat cover if you like. There will be common mats and cushions available.

Drinking water is available. Bring a water bottle to keep yourself hydrated during sessions. In case you would like hot drinks please bring a small thermos to keep your water hot and to bring to the yoga space. Museflower rooms have a kettle/water heater.

Electricity black outs may happen. Museflower rooms have a torch/flashlight. Asian two-flat pins and European round pins are usually fine. Occasionally, there may be US 3-pin plugs as well.

There is a salt water pool at Museflower so bring your swimming gear in case you like to take a dip.

Museflower massage and spa services - you may access at your own expense, during evenings, as available.

Shoes suitable for walking. Specialty shoes are not necessary: just something that supports the foot in rough terrain, with a bit of grip and comfortable to wear, ideally closed-toe.

There may be rain in July so an umbrella may be nice (there is also one in each room), also to protect against the sun. Sunglasses, sun hat and sun lotion helpful as some days may be sunny. Bring your preferred insect repellent for dusk and dawn.

Your favorite snacks and other necessities (ant-safe packaged!). Best to bring everything you need for the retreat (including toiletries and pharmaceutical basics), but in case you forget something the retreat center provides the basics.

Earplugs and eye mask may be useful if you are sharing a room and are sensitive to sounds.

Internet is available onsite in public areas only. Museflower tries to offer a true retreat experience and asks guests to disconnect as much as possible from mobile phones and digital devices (if internet is needed for work purposes, and with permission of the lead trainer, internet access in your room may be available).



Do's and Don'ts

Try to stay away from your phone and other gadgets. Respect the periods of silence, other persons' practice, and the class times,

We will ask all participants to help with some of the practical tasks involved in the retreat, eg. preparing the space for morning sadhana; keeping the practice room and common rooms tidy and clean; take care and practice serving each other daily during retreat.

Outside the venue, when visiting shrines and temples and other official places: no tank tops, open t-shirts, tiny shorts, etc.; cover shoulders and most of the legs covered. Be courteous when making photos of people and be aware that religious ceremonies and rites are not meant as tourist events and refrain from making photos and videos at such occasions.

Be aware that Thailand has a strictly enforced and severe policy with regard to drug possession and drug use. And when using a motorbike, respect traffic rules and be aware of pedestrians, animals and other moving obstacles.



Travel

VISA.

Thailand offers a 30 day Tourist Visa stamp on arrival for most passports.

Chiang Rai Mae Fa Luang International Airport services both domestic and international arrivals. International flights use digital bio-scans for identification. Domestic bus service is also available in Chiang Rai.

SIM and internet packages available for purchase at the airport.

Transport from the airport or the bus station can be arranged with GRAB or Museflower Retreat and Spa. (about a 35 minute ride).

Start of the retreat is on Saturday 26 July at 4 am and finishes on Sunday August 3 at 12 pm
(after lunch).

Room access is from Friday 25 July after 2 pm and check out from the room is on August 3 at 12 pm.



Tentative Schedule

During our retreat we will have lectures and study sessions, and practice yoga and meditation. We will go through intensive individual and group practice, alternated with asana and breathing practice.

Our day will start at 4.15 am with group sadhana. We finish before dinner with a closing meditation. After sadhana and during breakfast, and during parts of the retreat we will observe silence, including a longer period of 36 hours. And at least one day will have evening meditation after dinner.

We follow a yogic lifestyle for the duration of the retreat with vegetarian food and share in basic tasks. There will be time for relaxation and a walk in the surroundings as well.

An indicative schedule is below. Please note however that timings may shift slightly to maximize the experience and teachings together.

Friday - Arrival at Museflower between 2 and 9 pm (arrive before 9 pm please). Dinner available a la carte before 7 pm.

Saturday - Day 1

4.15am	Start of the Retreat Sadhana - morning practice
7.00am	Breakfast
9.00am	Meeting each other, introduction to the course
12.30pm	Lunch
2.30pm	Afternoon session
5.30pm	Evening meditation
6.00pm	Dinner

Sunday - Day 2 to Saturday - Day 8

4.15am	Sadhana - morning practice
7.00am	Breakfast
8.30am	Morning meditation
	Check-in - focus of the day
9.00am	Morning session
12.30pm	Lunch
2.30pm	Afternoon session
5.30pm	Evening meditation
6.00pm	Dinner

Sunday - Day 9

4.15am	Sadhana - morning practice
7.00am	Breakfast
8.30am	Check-in - focus of the day - morning meditation
9.15am	Morning session and closing
12.00pm	Farewell Lunch

Information and Registration

event-info@kundaliniyogathailand.org

tonienooyens@gmail.com

