

AERIAL RETREAT

JANUARY 13-18th, 2025
CHIANG RAI, THAILAND



www.naachaerialworld.com



The Air: Real Retreat

STUDIO
naach

Exploring the REAL you through the medium of movement in air

Join us for a magical, once in a lifetime experience in Thailand as we dive deep into **aerial hammock choreography, flexibility training & movement exploration** with over 20 hrs of training

Surrounded by the surreal natural beauty which Fly Karavek offers, this is a retreat that will uplift you, inspire you and awe you.

Experience the Hot Air balloon photoshoot, the elephant sanctuary photoshoot along with exploring the hidden gems of Chiang Rai with the amazing Fly Karevek Team





THE TRAINING SPACE (FLY KARAVEK)

Welcome to the stunning Fly karavek Pavilion which is a fully equipped open air training space with 17 pulley systems ranging from the height of 20–30ft.

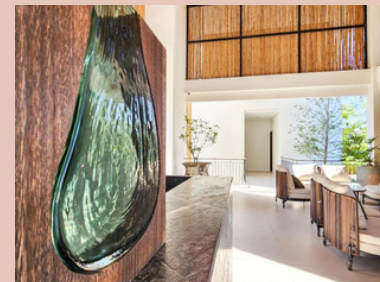
All crash mats and training equipments are provided by the space. The training space is pure magic, surrounded by hills and greenery which will elevate your entire training experience.

As the retreat will focus on hammock choreography and drops, the participants need to be of intermediate level along with having the stamina to train for a few hours per day.



Get your own private room for the entire duration of the stay. Yes, you heard that right! Your own private room!

YOUR
STAY



YOUR FOOD

Enjoy 3 delicious meals per day (Breakfast/Lunch/Dinner) where you will experience food as art and perhaps never see food the same way again!

And yes, we do take into account food allergies / dietary restrictions and make sure that you get exactly what you need!





ELEPHANT SANCTUARY & HOT AIR BALLOON PHOTOSHOOT

We will learn about these beautiful creatures in a sanctuary that prioritizes the health & happiness of the elephants. Spending time with these majestic creatures, followed by a stunning photoshoot surrounded by them. It really doesn't get better than this!



And.....get ready for one of the most exciting experiences of your life where you get an exclusive hot air balloon photoshoot with a professional photographer! The team has gone to special lengths to make sure that this is a safe yet unforgettable experience. We will also have pose practice in our training hours to get you ready for the shoot!

SAMPLE OF DAILY SCHEDULE

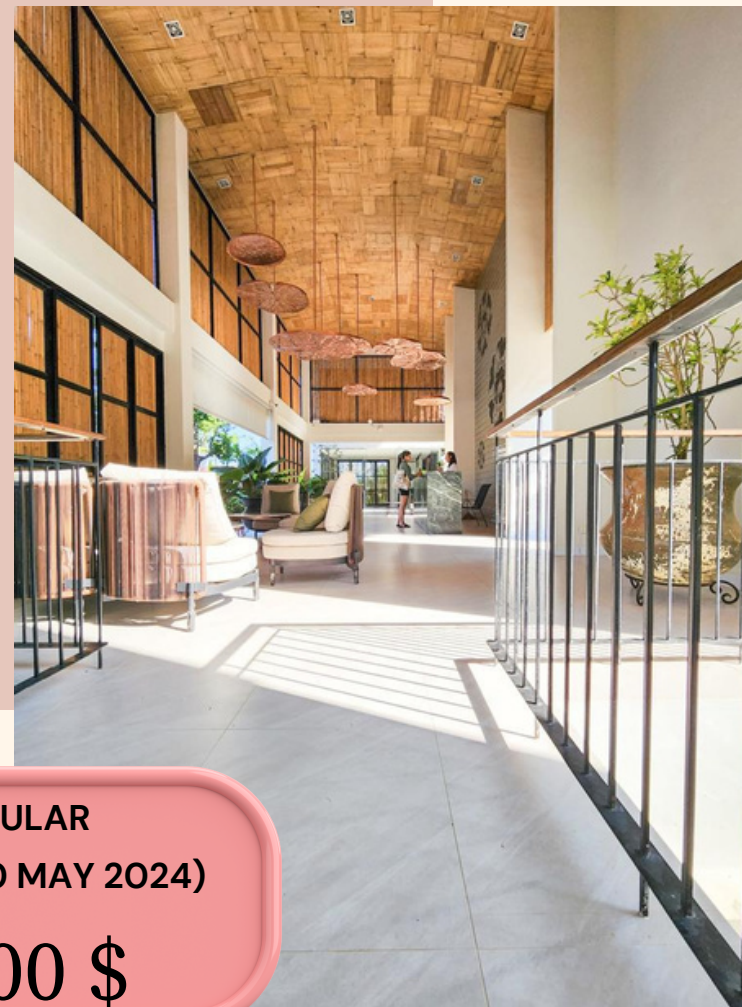
A detailed & more precise schedule will be shared with our participants closer to the date

- 7:30 – 8: 30 am – BREAKFAST
- 9:30 –11:30 am – AERIAL HAMMOCK TRAINING
- 12:00–1:30 pm – LUNCH
- 3:00– 5:00 pm – FLEXIBILITY TRAINING (Splits & Backbends)
- 5:00– 7:00 pm – POOL/ MASSAGE TIME
- 7:30– 8:30 pm – DINNER



PRICING

- Transportation to & from Chiang Mai Airport
- 20 hours of training – aerial silks workshops + open training time
- Three wonderfully delicious meals per day
- Your very own private luxury hotel room
- Trips to The White Temple & elephant sanctuary
- Hot air balloon aerial extravaganza!
- Relaxing by the pool
- Memories to last a lifetime!



EARLY BIRD
(BEFORE 30 MAY 2024)

2900 \$

REGULAR
(AFTER 30 MAY 2024)

3100 \$

***Fee excludes flights, travel insurance, laundry services, alcohol, gratuity for retreat staff**

***Fee strictly non-refundable. Credit can be kept for next retreat or transferred to a friend**



- My wish for you through this retreat is to return with memories of a lifetime, upgrade your aerial skills library, meet like minded souls who truly understand what it means to support one another.
- Take back skills, choreographies and sequences that can add value to your practice and get a deeper insight into your own unique movement quality and how that can enhance your aerial experience.

For more info, please feel free to mail us
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