



CANVAS & ORCHIDS RETREAT WITH AZAHAR-TRAINED LOCAL TEACHERS

Yoga & More

A three-day immersion in yoga, meditation, rainforest nature and meaningful local connection on Cambodia's Tatai River.

11-13 December 2026 | 3 Days / 2 Nights

More than a yoga retreat



Reconnect with yourself in a place where the rainforest, river, and community are part of the practice.

Set on the Tatai River in the foothills of Cambodia's Cardamom Mountains, **Canvas & Orchids Retreat** offers a rare setting for reflection and renewal. Guests stay in luxury floating or island safari tents, surrounded by tranquil water and one of Southeast Asia's last great rainforests.

This retreat combines daily Jivamukti yoga, restorative practice, meditation, sunrise nature activities, local culture, and conservation storytelling.

Personal wellbeing,
rainforest conservation
and community
connection in one
memorable weekend

Daily Yoga

Dynamic and restorative sessions suitable for all levels

Nature Immersion

Kayaking, rainforest, sunset, fireflies and river life

Local Connection

Village visit, cooking class and conservation stories

AZAHAR - The Orange Blossom of Change

AZAHAR Foundation began in 2016 through a partnership between Yogeswari and Jeanine Munyeshuli, bringing the transformative practice of yoga to communities recovering from trauma in Rwanda in collaboration with local NGOs.

Inspired by the symbolism of the orange blossom, a sign of renewal, growth and possibility, AZAHAR soon expanded its impact through scholarships for the prestigious 300-hour Jivamukti Yoga Teacher Training. These opportunities supported educators from Cambodia, Rwanda, Colombia, Lebanon, Ivory Coast, Syria, Ukraine and beyond.

Today, AZAHAR's story is one of resilience, compassion and empowerment through education, professional training and community development.



Why We Partner With AZAHAR

Canvas & Orchids Retreat and AZAHAR Foundation share a belief that personal wellbeing and community wellbeing go hand in hand. By participating in this retreat, guests support a model that combines yoga, education, conservation and local empowerment in one meaningful experience.

"Like the orange blossom, meaningful change begins with small actions that grow into lasting transformation"

Your Teachers...



Raty Khun is a passionate yoga teacher and peacebuilder from Cambodia. She discovered yoga at 13 through Yogeswari, founder of the AZAHAR Foundation, and has practiced ever since.

She is a 300-hour Jivamukti Yoga teacher and 200-hour certified by the Yoga Alliance, with further training in Fly Fit, Prenatal and Postnatal, and Trauma-Sensitive Yoga.

Chhayleang Kauy believes that true wealth lies in health and wellbeing. Her mission is to make yoga accessible to everyone and help people reconnect with their fullest potential.

Inspired by the profound changes yoga brought to her life, she combines yoga, psychology, and compassionate care to support healing and personal growth.



... and your practice

Facilitated by experienced Cambodian teachers

The retreat will be led by experienced Cambodian yoga teachers trained through the AZAHAR Foundation's professional development program.

Their teaching combines Jivamukti Yoga with local knowledge and an understanding of Cambodia's culture and communities.

A shared philosophy, the beliefs that unite us

Canvas & Orchids Retreat and AZAHAR share the belief that investing in local people creates lasting positive change.

By joining this retreat you support a model where yoga, hospitality, conservation and community development reinforce one another.

Jivamukti Yoga

A dynamic vinyasa-based practice including standing postures, forward bends, twists, backbends, and inversions, guided with music, mantra, and clear instruction.

Restorative Yoga

Gentle, supported postures and deep relaxation to help the body release tension and shift from doing into being.

Meditation

Simple mantra-based meditation and breath awareness, accessible to beginners and useful as a practical tool after the retreat.



You'll leave with

- Renewed energy and clearer attention
- Practical meditation tools
- Greater mobility, breath awareness and calm
- A deeper connection with Cambodia's rainforest landscape



Beyond the yoga mat

The river and rainforest are not just the backdrop, they are part of the retreat



Sunrise Yoga

Begin the day with yoga as the rainforest awakens around you, with peaceful views of the Tatai River



Secret Jungle Pools

Discover hidden jungle pools and cool off beneath small waterfalls in the Cardamom rainforest



Mangrove Kayaking

Paddle through quiet mangrove waterways and explore one of Koh Kong's richest ecosystems



Cardamom Wildlife

Discover unique wildlife of the Cardamom Mountains, rare species documented by local camera traps and conservation efforts



Sunset Watching

Relax on the river as the sun disappears behind the Cardamom Mountains, surrounded by the quiet wilderness



Fireflies Experience

Watch thousands of fireflies illuminate the mangroves along the Tatai River during this magical evening experience

Sample retreat program

Final timing may be adjusted according to weather, river conditions, and the needs of the group.

Day 1 - Arrival & Grounding

Morning	Shared van transfer from Phnom Penh to Tatai Bridge, Canvas' reception
Afternoon	Shared boat transfer to Canvas & Orchids, welcome drink and check-in
Sunset	Opening circle and first yoga practice
Evening	Dinner, followed by a fireflies cruise if weather allows

Day 2 - Immersion

Dawn	Choose sunrise photography by kayak or an early morning rainforest trek
Morning	Light breakfast, Jivamukti Yoga, and a full breakfast
Midday	Choose a Koh Andet village visit or a Cambodian cooking class
Afternoon	Free time for kayaking, swimming, paddleboarding, reading, or rest
Evening	Sunset yoga, dinner, and a wildlife camera trap presentation

Day 3 - Integration & Departure

Morning	Meditation, breakfast, and closing circle
Departure	Shared boat transfer back to Tatai Bridge, followed by a shared van return to Phnom Penh

Accommodation, pricing & booking

Prices are **per person** for the full 3-day / 2-night retreat.

Room type	Early bird until 15 Oct 2026	Regular price
Island Tented Villa, sharing, maximum 2 guests	US\$359	US\$399
Floating Tented Villa, sharing, maximum 2 guests	US\$449	US\$499
Floating Tented Villa, private occupancy	US\$539	US\$599

Included

- Two-night accommodation
- Shared van transportation from Phnom Penh to Tatai Bridge, Canvas' reception
- Shared boat transportation for check-in and check-out from/to Tatai Bridge and Canvas
- Two breakfasts, one lunch, two dinners and an arrival snack
- Yoga classes, meditation, and a half-hour massage
- Fireflies boat tour, sunrise activity, and village visit or cooking class
- Use of kayaks, paddleboards, fishing rods, books, and movies

Not included

- Private transfers or private excursions outside the shared program
- Travel insurance and personal expenses
- Any services not specifically listed as included
- Alcoholic drinks

Booking terms

- Full payment is required to confirm
- Free cancellation more than 45 days before check-in
- 50% fee from 45 to 30 days before check-in
- 100% fee less than 30 days before check-in or for a no-show

What to bring

- Refillable water bottle, swimsuit, and comfortable clothes
- Sunscreen, hat, sunglasses, raincoat, and mosquito repellent
- Aqua shoes for wet or slippery areas and sports shoes for trekking
- Passport or national ID

Minimum 10 participants required by 15 November 2026. If the retreat is cancelled due to insufficient numbers, guests will be informed by 18 November 2026, and payments will be refunded, less incurred bank transfer fees. Travel insurance is recommended.



www.canvasandorchids.com

