

jivamukti yoga retreat with yogeswari & cat: 4-11 MARCH 2018
angkor wat/siem reap, cambodia
ANGKOR VILLAGE & RESORT

frequently asked questions:

* is it possible to visit the orphanage in phnom penh where the young adults live? **the yoga retreat is taking place in siem reap where angkor wat and the temples are located. the kien kleang orphanage, where the young adults live and go to school, is located in phnom penh (114 miles/232 kilometres distance). the orphanage is a home for many children and young adults. due to trafficking issues, it is not open for visitors or to the public.**

* will I need vaccinations? is it a malaria zone? **please check with your doctor or local surgery. alternatively, in london you can contact: www.masta-travel-health.com - for vaccination requirements. most of the frequented temples are not high risk for malaria but always best to check the current status with your GP to determine whether you wish to take something or not.**

* which airport is my final destination in cambodia? **siem reap, cambodia there are now many airlines who fly directly to siem reap**

* what's the best way to get to southeast asia? **you may choose to fly into bangkok, singapore, kuala lumpur, hong kong, seoul, parts of vietnam or china...then from there, flight to siem reap on bangkok airlines, malaysia airlines, dragon air, cambodia airlines, singapore airlines or air asia (budget). there are more and more flights becoming available year over year to siem reap**

* how much does the airfare cost to cambodia? **we suggest checking a website such as www.expedia.co.uk/com for price comparisons. It depends on where you are flying from and if you are adding days to your journey to SE asia. most students opt to visit neighbouring countries as well.**

* how do I get a visa? **from london (or major city), you can secure through the cambodian embassy (<http://www.cambodianembassy.org.uk>) in advance or alternatively, an equally easy option is to purchase the visa upon arrival at airports – cash only in US\$35 (2016), you can bring a passport size photo or they photocopy your passport for a nominal fee (\$2 in 2016). the process is very efficient. there is an atm that dispenses US\$**

just before the visa checkpoint. <http://www.rep.aero/passenger-guide/visa-info/visa-arrival#anchor>

* what is the currency used in cambodia? **cambodian riels for small change but more commonly US\$.** **PLEASE NOTE:** be careful about the notes you receive or bring with you, anything older than 1995 or with rips, tears and missing pieces will NOT be accepted by businesses in cambodia.

exchange rate: <http://www.greenwichmeantime.co.uk/time-zone/asia/cambodia/currency.htm>)

* how do I get from siem reap airport to ANGKOR VILLAGE & RESORT? easiest way is to book a transfer from the resort directly (approx \$10 per person) and they will meet you with a sign and help with luggage or you can take a taxi from the taxi rank at the airport and carpool with others for approximately \$10 total up to 3 passengers...or start your adventure and hail a tuk tuk for half the price.

* how much is the entry pass for angkor wat? **it depends on how many days you wish to have access to the temples...WE HIGHLY RECOMMEND THAT YOU PURCHASE AT LEAST THE 3 DAY PASS (\$40 AS OF 2016) THAT ALLOWS ACCESS TO THE MAIN TEMPLES, MOST OF WHICH IS PART OF OUR EXCURSION ITINERARY.** however, please note that some of the temples that are further out do charge a separate or additional fee (no more than \$10-\$20). all excursions in the retreat are optional so if you do not wish to pay an extra entrance fee, you do not need to join the group. alternatively, you can also choose to get a 7 day pass and see more than what we have planned.

<http://www.holiday-in-angkor-wat.com/angkor-wat-pass.html>

* how do I get the pass? **you can purchase it the first morning (tuesday) that we go as a group for sunrise at angkor wat temple or if you arrive a few days early, you can purchase it on your own.** photographs for the pass will be taken by the staff at the entry gate upon purchase. it is a very quick process...**CASH ONLY!** do not lose or allow anyone else to borrow your pass.

* what are the excursions/temples we are visiting as part of the retreat? **see pdf available for download titled "EXCURSIONS SUMMARY".**

* will we get an itinerary? **everyone will receive an itinerary via email a month before the retreat.** we always ask that everyone remain flexible with the schedule to maximise our time together in siem reap. (ie. one year we just happened to be there during a rare occurrence which is the cremation of a monk. our trusted guide – who we have worked with since

the first retreat 10 years ago – was able to take us to the festivities and that was definitely a highlight but not something we planned into the schedule.

* are there cash machines and atm's in siem reap? **yes, there is one at the airport and there are many in the nearby markets, museums, shops, supermarkets, restaurants...a few \$'s on a tuk tuk will get you there within 5-10 minutes.**

* what is the best way to get around? **tuk tuk's or taxi's are relatively inexpensive.**

* what kind of transportation is provided for the group excursions? **air conditioned buses will be provided for the group excursions since some of the journeys will be longer and this is the most comfortable way to travel and also get to know others in the group.**

* what will the weather be like? **very warm and dry... with lots of sun! bring your bathing suit, hats and lots of sunscreen.**

* what type of clothes should I bring? **bring practise clothes for hot weather and for the excursions, lightweight attire including some long trousers or skirt and long sleeve top for certain temples. suggested attire for satsang: white clothing.**

* do I have to go on all the excursions with the group if I just want to relax or go on my own? **absolutely up to you, this is your time...your choice!**

* is there anything I can bring to give to the cambodian young adults who will be practicing with us? **though some of the young adults have their own mats from past years, yoga mats and props are useful to donate in urging young cambodians to practise more.**

* can I donate more to the AZAHAR Foundation than the 10% the retreat teachers are personally donating from their earnings? **yes, by all means and please do so by going directly to AZAHAR's website: <http://www.azaharfoundation.org/>**

* can I get a tax receipt for my portion of the tuition which is donated to AZAHAR Foundation? **the retreat is produced by cat and Yogeswari. Should you need a receipt for payment, please don't hesitate to ask. for the 10% of the earnings that they donate to AZAHAR Foundation, you will not get a tax receipt. If you decide to make any additional contribution to AZAHAR, you will get a US tax receipt (if donate to the US) or a Swiss tax receipt (if donated in CHF via AZAHAR Switzerland).**

* what do I need to bring for practice? **your own mat, blocks, strap and if you use a yoga towel or a yogitoes (it gets sweaty!) please bring**

that...you can always leave them for AZAHAR Foundation to donate if your bag is too full of souvenirs on the way home!

The Additional & Helpful Information:

- <http://angkorvillageresort.asia/resort.php> - resort
- www.expedia.co.uk- travel/flight comparison
- www.lonelyplanet.com/worldguide/cambodia - general travel info on cambodia
- www.masta-travel-health.com - vaccination requirements
- www.panoramas.dk/fullscreen2/full7.html - panoramic/interactive of angkor wat
- www.mfaic.gov.kh/e-visa/index.aspx - ministry of foreign affairs/Cambodia – visas

anything else that is relative to the actual RETREAT and that is not covered here, please feel free to email us: yogeswari@yogeswari.org and to get a quicker reply since she is always on the road, do feel free to follow up and email yogeswari's assistant linh.ramirez@yogeswari.org and/or cat@catalipdouglass.com

anything that is relative to AZAHAR Foundation, please contact: yogeswari@azaharfoundation.org