



6 DAY LIFE RESET IN CAMBODIA

THE ULTIMATE RETREAT EXPERIENCE

This is not a holiday. This is six days of slowing down, unlearning urgency, reconnecting with your body, and remembering how to simply be. We travel to Cambodia not to tick temples off a list, but to sit with stillness, to listen deeply, and to experience life through simplicity, rhythm, and community.

At the heart of this journey in a conscious living retreat space just outside Siem Reap – where ancient wisdom, movement, meditation, and nature come together effortlessly.

ABOUT ROOTSVIDA & HOW WE HOST

At Rootsvida, we don't "run tours." We hold spaces. Our trips are designed as guided life experiences, not itineraries packed with sightseeing.

We travel in small groups, move mindfully, and leave room for silence, laughter, reflection, and human connection.

You'll always know why we're doing something – not just what we're doing. We host as facilitators, fellow travelers, and gentle anchors – allowing you to arrive exactly as you are.

WHY CAMBODIA? WHY THIS JOURNEY?

Cambodia has lived through deep loss, yet what remains is gentleness, resilience, humility, and grace. The land teaches you something quietly – how to soften without breaking.

This journey is for you if:

- You feel stretched thin by everyday life
- You crave space – mental, emotional, physical
- You want meaning without heaviness
- You want to feel grounded, not "fixed"
- We don't rush Cambodia.
- We let it work on us slowly.



ABOUT

THE RETREAT



THE STAY

Your stay is in a living, breathing community space built around conscious living. Set amidst rice fields and palm trees, this eco-retreat uses natural materials, open-air architecture, and intentional design to support grounding and presence.

Here, days unfold slowly – guided by sunlight, meals, movement, and rest. You'll stay in thoughtfully designed shared or private accommodations that balance comfort with simplicity – inviting you to reconnect with yourself and nature. You can choose to stay in a – **SUITE, VILLA, BUNGALOW, SHARED HOUSE.**

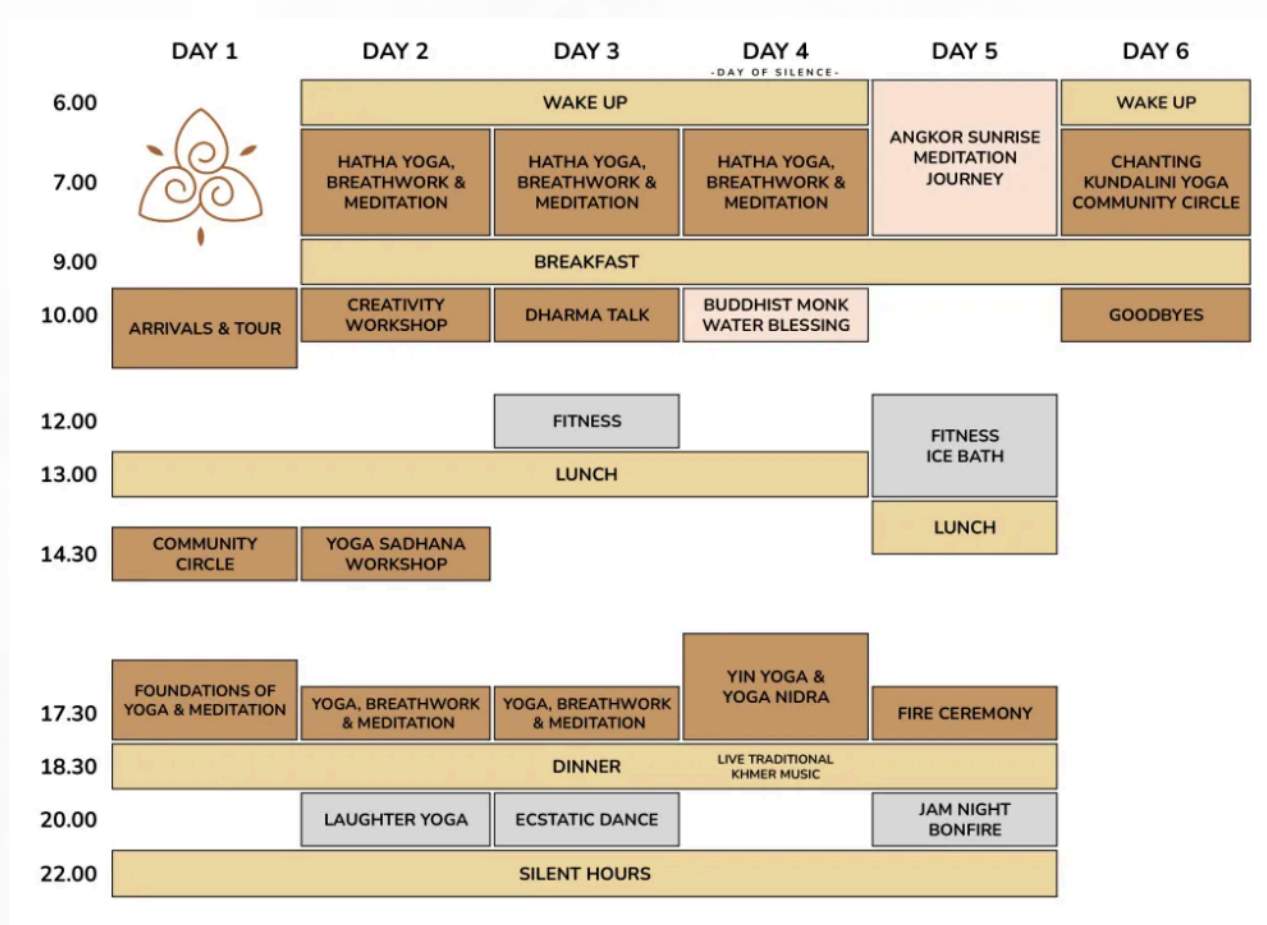
WHO THIS JOURNEY IS FOR

This experience is especially suited for you if:

- You feel mentally or emotionally stretched
- You're navigating transitions – personal or professional
- You want clarity, not noise
- You're curious about mindfulness, but not drawn to rigid spiritual structures
- You want community, but also value solitude
- You don't need to "know" yoga or meditation.
- You don't need to arrive with answers.
- You just need to arrive willing.



YOUR DAILY SCHEDULE



This is a signature, time-tested curriculum – a radical and visionary system for self-discovery through self-experimentation.

Refined over 15 years and guided by a team of world-class facilitators, artists, and healers, this immersive process blends depth, play, and creativity into a transformative educational experience.

These retreats are designed to awaken grounded presence, inspiration, and aliveness – guaranteed, or your money back.

HIGHLIGHTS



Daily Yoga & Meditation

Gentle, grounding practices to soften your body, calm your mind, and reconnect with presence — guided with care and clarity.



Sunrise Journey to Angkor Wat

Greet the dawn in silence at the sacred temples of Angkor — a powerful moment of stillness, beauty, and reflection.



Monk Water Blessing

Purify your body, heart and mind with a traditional water blessing from local Cambodian Buddhist monks.



Cambodian Village Experience

Your own peaceful space (or mindful shared room) in Khmer-inspired natural houses — simple, beautiful, and deeply restful.



All You Can Drink Coconuts

Stay hydrated and nourish yourself with tropical love. Fresh Coconuts are loaded with electrolytes and minerals to hydrate, detox and boost your energy.



Three Vegan Meals a Day

Fresh, plant-based meals prepared with love — drawing on Cambodian traditions to nourish body, heart and mind.



Complimentary Healing Massage

Relax your body and mind with our world-class healing sessions. Massage is the key to integration and presence.



Creativity, Music & Community

Daily opportunities to connect, play, express and simply enjoy being human — no pressure, no agenda.



Digital Detox

No Wi-Fi, no screens — just birdsong, breeze, and the spaciousness to slow down and truly be where you are.



Inspiring Facilities

Awaken your inner child and explore our large campus. Yoga Shala, Swimming Pool, Art Studio, Spiritual Library, Rock Climbing, Gym, Tree House, Lotus Ponds and more...



A MORNING WITH ONE OF THE WORLD'S GREATEST WONDERS - ANGKOR WAT

"Angkor Wat wasn't built just as a temple – it was designed as a model of the universe. The towers represent Mount Meru, believed to be the centre of all existence. The closer you walk toward the centre, the narrower the space becomes – it was meant to slow you down."



"Most temples of this era face east, toward sunrise. Angkor faces west – toward the setting sun. West symbolised endings and transition. That's why Angkor doesn't feel celebratory – it feels reflective."

At first you'll see gods and epics here. But look carefully – you'll also see women cooking, villagers resting, people just living. The Khmer didn't separate the sacred from everyday life. That's something most people miss."



While walking along the long corridors, you will notice how your footsteps echo here. These corridors were designed to create a sense of vastness and humility. People often don't realise they've slowed their breathing until they stop walking."

"Some of these carvings were intentionally left unfinished. Perfection wasn't the goal here – balance was. That idea is very different from how we think today."

"At its peak, this place supported nearly a million people. What made it possible was water – canals, reservoirs, and an ecosystem that worked with nature. Angkor didn't fall overnight. It faded when balance was lost."



"Angkor was never completely abandoned. Monks have prayed here for centuries. That's why it doesn't feel like ruins – it feels lived-in. Most people feel something here, even if they can't explain what."

"You don't need to understand Angkor today. Just let it sit with you. It usually speaks later."

FIND THE SPACE THAT FEELS RIGHT FOR YOU



THE SUITE

Our most peaceful and private space, designed for guests seeking total stillness, comfort, and uninterrupted calm.

- Premium king-size bed with designer en-suite
- Private terrace
- AC, fan and pure cotton sheets
- Two Complimentary Massages

USD 1985



THE VILLA

Spacious and serene, the Villa offers gentle privacy and soft luxury - ideal for deep rest and personal reflection.

- King bed, private bathroom, AC & fan
- Ideal for couples or solo guests
- One Complimentary Massage

USD 1670



THE BUNGALOW

Your own quiet sanctuary, surrounded by jungle gardens - the perfect place to unplug, rest, and reconnect.

- King-size bed, AC & fan
- Private en suite bathroom with hot water
- Garden views & private porch

USD 1460



SHARED HOUSE

A cozy, communal space for solo travelers who want simplicity, connection, and solitude in equal measure.

- Full-size bed in a traditional Khmer wooden house
- AC, fan, shared bathroom, balcony, garden views
- Mindful community vibe

USD 1040

UPCOMING BATCHES 2026

FEB

FEBRUARY 8 - 13 **FILLING UP**

FEBRUARY 18 - 23 **FILLING UP**

FEBRUARY 28 - MAR 5 **FILLING UP**

MAR

MARCH 10 - 15 **FILLING UP**

MARCH 20 - 25

APR

MARCH 30 - APR 4

APRIL 8 - 13

APRIL 20 - 25

MAY

APRIL 30 - MAY 5

MAY 10 - 15

MAY 20 - 25

JUN

MAY 30 - JUNE 4

JUNE 9 - 14

JUNE 19 - 24

JUL

JUNE 29 - JULY 4

JULY 9 - 14

JULY 19 - 24

NOTE: FOR AUGUST TO DECEMBER CALENDAR PLEASE REQUEST VIA DM

INCLUDES/EXCLUDES



If you've found yourself reading this slowly maybe even breathing differently that's usually the first sign. This journey doesn't promise answers. It offers space. And sometimes, space changes everything.

Inclusions

- Full Yoga & Meditation Program
- 5-Night Retreat Accommodation
- 3 Nourishing Plant-Based Meals Per Day
- Unlimited Access to Juice & Hydration Bar
- Complimentary Healing Massage
- Angkor Wat Sunrise Meditation Journey
- Monk Water Blessing Ceremony
- All Workshops, Classes & Activities
- Airport / Hotel Pickup
- Inspiring On-Site Facilities
- Digital Detox Environment



Exclusions

- Flights & Travel Insurance
- Cambodian Visa Fees (easy e-visa available online).
- Additional Spa & Healing Sessions- Only one complimentary massage is included. Extra treatments can be booked at an additional cost.
- Personal Expenses
- Optional Transportation After Retreat - Drop-off or post-retreat travel arrangements beyond the included pickup.
- Extra Activities Not Listed in the Program - Any bespoke tours, private sessions, or add-on excursions outside the scheduled itinerary.

THINGS YOU SHOULD KNOW

Cambodia is gentle, but different. Knowing a few things beforehand helps you arrive relaxed, not guessing.

ARRIVING IN CAMBODIA

You'll be flying into Siem Reap International Airport. Immigration is fairly straightforward. Most nationalities can avail Visa on Arrival or e-Visa, which we recommend arranging in advance to avoid queues. The process is simple and doesn't require overthinking. Once you exit the airport, our team will be waiting to transfer you to the resort, which is about 45 minutes outside the city, surrounded by countryside. That drive itself sets the tone – you'll notice the city thinning out, roads getting quieter, and the pace changing.

GETTING AROUND DURING THE RETREAT

Once you arrive, there is no daily travel stress.

All local movements – including:

- Angkor temple visit
- Phnom Kulen excursion
- Village experience

are arranged as part of the retreat.

You won't need to negotiate taxis, manage directions, or plan logistics. This journey is designed so you don't have to "figure things out" constantly.

STAYING AT - WHAT TO EXPECT

Stay at an eco-conscious retreat space, not a luxury resort. Your stay will be: comfortable, clean, thoughtfully designed, close to nature. Rooms are simple, airy, and intentional – meant to support rest and presence. A few important things to know:

- Rooms are shared by default, unless you've opted for a private upgrade
- Hot water is available, but eco-conscious usage is encouraged
- Wi-Fi is available, but you'll notice you naturally use it less

This place gently invites you to slow down – without forcing anything.

Finding your 'Lara Croft' moment among the Angkor Wat ruins.
Or just Rise. Shine.
Reset in this ultimate yogic experience

FOOD AT THE RETREAT

All meals are: plant-based, freshly prepared, nourishing and light. The food is designed to support: digestion, energy and mental clarity. If you have serious allergies or dietary restrictions, it's important to inform us in advance so arrangements can be discussed. Outside food is generally discouraged, simply to maintain the retreat rhythm.

YOGA, MEDITATION & SESSIONS

You do not need prior experience in: yoga, meditation or mindfulness. All sessions are guided in a gentle, inclusive way. You are never forced to: participate beyond comfort, share personal experiences "perform" or explain yourself. Listening to your body is encouraged and Sitting out is always okay.

WEATHER & CLOTHING

Cambodia is generally warm and humid. We recommend: light, breathable cotton clothing, modest attire for temple visits (covered shoulders & knees), comfortable walking shoes or sandals, a light scarf or shawl. Rain showers can happen, especially in certain months – they're usually short and refreshing.

THINGS YOU SHOULD KNOW

MONEY & EXPENSES

Cambodia uses both: Cambodian Riel (KHR), US Dollars (USD). Small notes are useful. Most expenses during the retreat are already covered. You'll only need cash for: personal purchases, souvenirs, optional expenses. ATMs are available in Siem Reap, but not near the retreat.

CONNECTIVITY & DIGITAL USE

Mobile networks work well in Cambodia. You can easily get a local SIM at the airport. That said – most people naturally reduce screen time here. There is no digital detox rule. It just happens on its own.

HEALTH & SAFETY

Cambodia is generally safe for travellers. Basic precautions: stay hydrated, use mosquito repellent inform us of any medical conditions in advance. We recommend carrying basic personal medication.

BOOKING & DEPOSIT

A non refundable deposit of 25% is required at the time of booking to complete your registration. Your remaining balance is due 30 days prior to arrival. Your booking is confirmed only once payment is received. Spaces are limited, and once confirmed, your spot is held exclusively for you.

TRANSFERS & DATE CHANGES

Transfers to another retreat date are not guaranteed and depend on availability. Requests for date changes are handled case-by-case.

FORCE MAJEURE

In the event of: natural disasters, government restrictions situations beyond control, Rootsvida reserve the right to: reschedule, modify the retreat format or cancel if safety is compromised. In such cases, suitable alternatives or credits may be offered.

Guaranteed Results
Our 6 Day Life Reset
Method has been tried and
tested with over 16,000
participants. We guarantee
you will walk away feeling
more grounded, inspired and
alive.

CANCELLATION POLICY

- Deposits are non refundable.
- If you cancel more than 14 days prior, you can use your deposit as credit towards another retreat within 12 months or transfer to another person.
- Please note that you will need to pay another deposit to use your credit.
- If you cancel within less than 14 days, you forfeit your deposit.
- If you cancel more than 30 days before your retreat and you have already paid the full amount, you are entitled to a full refund minus the deposit and bank fees.
- If you cancel within 30 days of your retreat, then you are entitled to a 75% refund minus deposit and bank fees.
- If you cancel within 14 days of your retreat then you are entitled to a 50% refund minus deposit and bank fees.
- If you cancel within 7 days of your retreat, then you forfeit your retreat balance and deposit.
- We do not offer any refunds if you decide to leave the retreat early.



WHAT HAPPENS AFTER YOU BOOK

- To Book Drop a DM to our representative at **+91 9389594994** with **the chosen Stay Option**
- **Reserve Your Spot - Only 25% deposit to confirm, with 7-day peace-of-mind guarantee.**
- Bank Details:
 - Company Name: Rootsvida Experiences Private Limited
 - Bank Name : HDFC Bank
 - A/C No. : 50200090072121
 - Branch : HDFC, Ballupur Branch, Dehradun, Uttarakhand
 - IFS Code: HDFC0001399
- Receive Your Welcome Pack - Travel tips, arrival info, what to pack, FAQs
- Schedule an Optional Call - Chat with our team to answer questions and help you prepare
- Pay the rest 75%, 30 days before the Trip starts
- Arrive in Siem Reap - Our friendly driver will pick you up the morning of your retreat. Begin the Journey - Unplug. Unwind. Reconnect.

FINAL NOTE

This journey is held with care, integrity, and responsibility – both toward participants and the land that hosts us. We encourage you to: read the policies mindfully, ask questions if unsure and book only when you feel aligned. When clarity is present, the experience flows better for everyone.