

The background of the image is a stylized illustration of the Angkor Wat temple complex in Cambodia. The temple is rendered in a dark, muted color palette, with its intricate carvings and multiple tiers of towers visible. In the foreground, there is a pond with several lotus flowers and large, dark green lily pads. The overall scene is set against a dark, atmospheric background, suggesting a twilight or dawn setting. The text is overlaid on the upper portion of the image, centered horizontally.

# Angkor Wat Spring Equinox Retreat 2026

Join us for a transformative journey to Cambodia, where ancient temples meet modern wellness. This complete guide answers everything you need to know about traveling to Siem Reap for our Spring Equinox Retreat, March 16-22, 2026.

# Your Complete Guide

This guide provides a comprehensive overview of essential information to prepare you for the Angkor Wat Spring Equinox Retreat. Explore the sections below to find everything you need to know.



---

**Location & Logistics**



---

**Visa & Entry Requirements**



---

**Money & Budget**



---

**Health & Safety**



---

**Packing & What to Bring**



---

**Connectivity & Communication**



---

**Accommodation & Travel Insurance**



---

**Yoga Practice & Temple Visits**



---

**Equinox & New Moon Ceremonies**

# Location & Logistics

## Where exactly is Siem Reap?

Siem Reap is a city in northwestern Cambodia, about 314 km (195 miles) from the capital Phnom Penh. It's the gateway to the Angkor Archaeological Park, home to Angkor Wat and hundreds of ancient temples.

## How do I get there?

### International Flights:

Fly into Siem Reap International Airport (SAI) - the new airport that opened in 2023

Direct flights from: Bangkok, Singapore, Ho Chi Minh City, Kuala Lumpur, Seoul, Hong Kong and Kolkata

Most travelers from USA/Europe connect through one of these Asian hubs

### Common Routes:

- From USA West Coast: LAX → Bangkok → Siem Reap (18-22 hours total)
- From USA East Coast: NYC → Tokyo/Seoul → Siem Reap (22-26 hours total)
- From Europe: London → Singapore → Siem Reap (16-20 hours total)
- From Australia: Sydney → Bangkok → Siem Reap (12-14 hours total)

### Airlines to Consider:

- Bangkok Airways (most direct routes to Siem Reap)
- Singapore Airlines, Thai Airways, Vietnam Airlines, Cathay Pacific
- Budget: AirAsia, Scoot, VietJet

Recommended Arrival Date: March 15 or 16, 2026 (retreat starts evening of March 16)

## What about airport transfers?

### Included in your retreat:

- Group pickup at Siem Reap International Airport on March 16
- Group drop-off on March 22
- Private air-conditioned van
- English-speaking driver
- You'll receive flight coordination form 60 days before departure

### If you arrive early or leave late:

- Private Hotel Transfer ~\$55 USD (60 min drive) - please arrange with Angkor Grace beforehand - [stay@angkorgrace.com](mailto:stay@angkorgrace.com) or +855 63 900 288
- Grab app (like Uber): ~\$40-45 USD

## How far is Angkor Grace Resort from the airport?

About 47 km (30 miles), approximately 50-60 minutes depending on traffic.

# Visa & Entry Requirements

## Do I need a visa for Cambodia?

Yes, most nationalities require a visa. Good news: it's simple and straightforward.

## How do I get a Cambodia visa?

### 1 E-Visa (Recommended)

Apply online at: [www.evisa.gov.kh](http://www.evisa.gov.kh)

- **Cost:** \$36 USD
- **Processing time:** 3 business days but best to do a week beforehand
- **Valid for:** Single entry, 30 days
- **Entry points:** Siem Reap International Airport accepted

#### Steps:

1. Fill out online form
2. Upload passport photo (JPEG format, specific size requirements)
3. Pay with credit card
4. Receive e-visa via email
5. Print and bring 2 copies with you

### 2 Visa on Arrival

Available at Siem Reap Airport

- **Cost:** \$30 USD (bring exact cash - USD only)
- **Processing time:** 30-60 minutes (can be slow)
- **Requirements:** Passport photo (bring 2), completed arrival form
- **Note:** Longer lines, potential for unofficial "fees" - e-visa is cleaner

### 3 Embassy/Consulate Visit

- Cambodian embassy in your country
- Cost varies by country
- **Processing:** 3-5 business days
- Less convenient unless you live near embassy

## MANDATORY: Cambodia e-Arrival Card

In addition to your visa, the Cambodian government now requires all travelers to complete an e-Arrival Card before landing. This replaces the old paper immigration, customs, and health forms.

- **Where to apply:** [www.arrival.gov.kh](http://www.arrival.gov.kh) or via the "Cambodia e-Arrival" app (iOS/Android).
- **When to do it:** You can submit this within 7 days prior to your arrival.
- **Cost:** Free. Beware of third-party websites asking for payment.
- **What you need:** A digital photo of your passport bio page. Your flight details and seat number. Your visa number (if you already have your E-Visa).

#### The Process:

1. Fill out the personal info and travel details.
2. Complete the Health Declaration and Customs sections.
3. **Save the QR Code:** Once finished, you will receive a QR code. Screenshot this or print it to show immigration officers upon arrival.

## What are the passport requirements?

- Valid for at least 6 months beyond your travel date (must be valid through September 2026)
- At least 2 blank pages for stamps
- Must be in good condition (no tears, water damage)

## Can I extend my visa if I want to stay longer?

Yes! Visa extensions available at Cambodian Immigration Office in Siem Reap:

- **Cost:** ~\$30-280 USD depending on extension length & type of Visa
- Tourist Visa can be extended once for a 30 day period allowing a stay of 60 days.
- Business Visas can be extended for 1, 3, 6 or 12 months (6 & 12 months allow multiple entry)

## What if I want to arrive early or stay after the retreat?

Absolutely encouraged! Cambodia has so much to explore:

- **Pre-retreat:** Arrive a few days early to adjust to time zone
- **Post-retreat:** Visit Phnom Penh, Battambang, Kampot, Kep, Modulkiri, Kratie and the stunning islands of Koh Rong/Koh Rong Sanloem.

We can help recommend hotels and activities.

# Money & Budget

## What currency does Cambodia use?

Cambodia operates on both USD and Riel (KHR). USD is dominant for major purchases, while Riel is used for smaller transactions, creating a dual-currency zone.

### Primary: US Dollars (USD)

Accepted everywhere

### Local: Cambodian Riel (KHR)

Used for small change

Exchange rate: ~4,000 riel = \$1 USD

**Pro tip:** Bring clean, newer US bills (nothing torn, marked or too worn). Cambodian banks do not accept old bills and are particular about bill condition.

## Should I bring cash or use cards?

Bring cash (USD):

- Most places prefer cash
- ATMs widely available but charge fees (\$5-6 per withdrawal)
- Credit cards accepted at hotels, upscale restaurants, but not markets/street vendors

### How much cash to bring:

Included in retreat: Meals, accommodation, temple tours, transportation

Budget for extras: \$300-500 USD

- Tips: \$50-100
- Shopping: \$100-200
- Optional activities: \$100-200
- Spa treatments: \$50-150

## What about ATMs?

- Available throughout Siem Reap (ACLEDA Bank, ANZ Royal, Canadia Bank)
- Dispense USD & Riel
- **Fee:** \$5-6 per transaction
- **Daily limit:** Usually \$500-1,000

**Pro tip:** Withdraw larger amounts to minimize fees / money exchange services are available in Siem Reap to exchange foreign currency or change larger dollar bills

## Should I tip? How much?

Yes, tipping is appreciated but not mandatory:

- **Temple guides:** \$5 - \$10 per person per day
- **Tuk-tuk drivers:** \$1-2 per ride
- **Restaurant service:** 10% if not included
- **Spa staff:** \$5-10 per treatment
- **Hotel housekeeping:** \$1-2 per day
- **Retreat staff (end of week):** \$10-20 per person (pool all together)

## Can I use credit cards?

- Visa/Mastercard accepted at major hotels, restaurants
- American Express less commonly accepted
- **Foreign transaction fees:** Check with your bank (usually 2-3%)
- Notify your bank before traveling to avoid card blocks

## Are things expensive in Cambodia?

No, Cambodia is budget-friendly:

### Food

- Street food meal: \$2-5
- Restaurant meal: \$8-15
- Beer: \$0.50-3
- Coffee: \$1-3

### Services

- Tuk-tuk ride: \$2-5
- Massage: \$10++

### Shopping

Souvenir shopping: Very affordable (bargaining expected at markets)

# Health & Safety

## Do I need vaccinations?

Recommended by CDC:

- Routine vaccines (MMR, tetanus, etc.)
- Hepatitis A (food/water-borne)
- Typhoid (food/water-borne)
- Hepatitis B (if at risk)
- Japanese Encephalitis (if traveling rural areas - not necessary for Siem Reap)
- Rabies (if planning extensive outdoor activities)

Consult your doctor 6-8 weeks before travel.

Yellow Fever: Not required unless coming from endemic country

## Do I need malaria medication?

- Low risk in Siem Reap (urban area with low transmission)
- Most travelers don't take prophylaxis for short stays in Siem Reap
- Mosquito-borne illnesses (dengue, Zika) are greater concern
- **Prevention > medication:** Use DEET repellent, wear long sleeves at dawn/dusk

Consult your doctor for personalized advice.

## What about dengue fever and Zika?

### Dengue:

- Present in Cambodia, especially rainy season (May-October)
- March is dry season = lower risk
- **Prevention:** DEET repellent, long clothing, avoid standing water

### Zika:

- Low risk but present
- Pregnant women should consult doctor before traveling

### Mosquito Protection:

- Bring 30-50% DEET repellent
- Wear light-colored, loose clothing
- Angkor Grace rooms have screens/AC (less mosquitoes)

## Is the tap water safe to drink?

No, do not drink tap water.

- Use bottled or filtered water only (provided at resort)
- Avoid ice in drinks outside upscale establishments
- Brush teeth with bottled water
- We provide unlimited filtered water at Angkor Grace

## What if I get sick during the retreat?

On-site support:

- 24/7 retreat coordinator contact
- Angkor Grace boasts a cutting edge Medical Centre as the first port of call if needed: Singjaya - <https://singjayamedical.com/> (10 min) from the resort, offering hotel consultations when necessary

Nearby hospitals:

- Royal Angkor International Hospital (15 min) - international standard
- Angkor Hospital for Children (20 min) - excellent pediatric care

**Travel insurance is MANDATORY** - must cover medical evacuation

## Is Cambodia safe for solo travelers?

Yes, Cambodia is generally safe:

- 2+ million tourists visit Siem Reap annually
- Low violent crime rate
- Tourist police present at temples
- Siem Reap is well-developed for tourism

### Standard precautions:

- Don't walk alone late at night in unfamiliar areas
- Keep valuables secured (use hotel safe)
- Avoid excessive displays of wealth
- Be cautious with street scams (overpriced tuk-tuks, fake tour guides)
- Trust your instincts

### At our wellness resort:

- 5-star resort with 24/7 security
- Gated entrance
- Group transportation always
- You're never alone

## What about political stability?

Cambodia is politically stable with a tourism-focused economy. Siem Reap is especially safe as it relies heavily on international visitors.

## Can I drink alcohol in Cambodia?

Yes, legal drinking age is 18.

- Beer is extremely cheap (\$0.50-2)
- Wine/spirits available but more expensive
- **Note:** Our retreat meals do not include alcohol, but you can purchase at resort bar or Pub Street

## Are there pharmacies if I need medication?

Yes, pharmacies everywhere in Siem Reap:

- U Care Pharmacy (near Old Market)
- Angkor Pharmacy (central Siem Reap)
- Many open 7am-9pm daily
- Most common medications available without prescription
- Bring your own prescriptions just in case

# Packing & What to Bring

## What should I pack for the temples?

### **DRESS CODE (Important!)**

Temples are sacred sites with strict dress codes:

- **Shoulders covered** - no tank tops, spaghetti straps, or sleeveless shirts
- **Knees covered** - no shorts, short skirts, or mini dresses
- Remove shoes when entering sacred spaces
- Remove hats inside temple buildings

### Temple-Appropriate Outfits:

- Loose, breathable cotton pants/skirts (long)
- Light long-sleeve shirts or shawls to cover shoulders
- Comfortable walking sandals (you'll remove shoes frequently)
- Sunhat (remove inside temples, wear outside)

### What NOT to wear:

- Athletic shorts or yoga shorts
- Tank tops or crop tops
- See-through or tight clothing
- Flip-flops (uncomfortable for walking)

## What should I pack for yoga?

### Yoga Clothes:

- 5-7 sets of yoga wear (we practice daily)
- Sports bras/supportive undergarments
- Light layers (mornings are cool, days warm)
- Comfortable loungewear for evenings

### Yoga Gear:

- Straw mats provided by resort, but bring your own if you would like to maximise your grip and comfort. We can arrange delivery of Lovearth Yoga mats to Angkor Grace by arrangement if it is time to purchase a new one
- Personal towel (sweat towel for practice)
- Water bottle (refillable - filtered water provided)
- Hair ties, headbands

## What's the weather like in March?

Dry Season (Perfect!):

# 85-...

Daytime Temperature

29-32°C

# 70-...

Nighttime Temperature

21-24°C

# 30-...

Humidity

Comfortable

# ~0

Rain

Almost zero - dry season

Sunrise: ~6:15 AM

Sunset: ~6:30 PM

### What to pack:

- Lightweight, breathable clothing
- One light jacket/shawl (early mornings can be cool)
- **Sunscreen SPF 50+ (CRITICAL - equatorial sun)**
- Wide-brim hat
- Sunglasses (UV protection)

## Complete Packing List

### DOCUMENTS

- Passport (valid 6+ months)
- Printed visa (2 copies)
- Travel insurance card
- Flight itinerary (printed)
- Retreat confirmation email
- Emergency contact info
- Copy of prescriptions
- Driver's license (if renting scooter)

### CLOTHING

- 5-7 temple-appropriate outfits (long pants/skirts, covered shoulders)
- 5-7 yoga outfits
- 2-3 casual dinner outfits
- 1 light jacket or cardigan
- 1 swimsuit (resort pool)
- 7-10 underwear
- 3-5 bras/sports bras
- Comfortable walking sandals (Tevas, Chacos, Birkenstock)
- Sneakers or walking shoes
- Flip-flops for pool/shower
- Sleepwear
- Sarong or large scarf (multipurpose - cover shoulders, sit on, beach blanket)

### TOILETRIES

- Sunscreen SPF 50+ (at least 2 bottles)
- Mosquito repellent (30-50% DEET)
- Prescription medications + copies
- Basic first aid (bandaids, Neosporin, ibuprofen)
- Anti-diarrheal medication (Imodium)
- Electrolyte packets (Pedialyte, Liquid IV)
- Probiotics (digestive health)
- Personal hygiene items
- Feminine products (if needed)
- Travel-size shampoo, conditioner, soap (resort provides some)
- Toothbrush, toothpaste, floss
- Deodorant
- Razor
- Hand sanitizer
- Wet wipes or tissues
- Lip balm with SPF
- Aloe vera gel (for sunburn)

### TECH & GEAR

- Phone + charger
- Camera + extra memory cards + batteries
- Portable charger/power bank
- Universal adapter (Cambodia uses Type A, C, G plugs - 230V) although Angkor Grace has these built in
- Headphones
- E-reader or book
- Flashlight or headlamp (for early morning temple walks)
- Waterproof phone case

### WELLNESS

- Yoga mat (if bringing your own)
- Eye mask + earplugs (for sleep)
- Journal + pen (for intention-setting)
- Essential oils (travel-size)
- Meditation cushion (optional - provided at resort)
- Resistance bands or small weights (if you want to work out)

### MISC

- Daypack or small backpack (temple tours)
- Reusable water bottle
- Ziploc bags (keep things dry/organized)
- Small padlock (for luggage)
- Laundry detergent packets (or use resort laundry service)
- Snacks from home (protein bars, etc.)
- Cash (USD - clean, newer bills)
- Photocopies of passport/visa (separate from originals)

### What NOT to bring:

- Expensive jewelry (leave at home)
- Drones (banned at Angkor temples)
- Large amounts of cash
- Valuables you can't afford to lose
- Heavy books (bring e-reader)

## Can I do laundry?

Yes! Angkor Grace offers:

- **Laundry service:** ~\$1-2 per item
- Same-day or next-day return
- Pack lighter and do laundry mid-retreat

## What about electrical outlets?

Cambodia uses:

- Type A (flat 2-prong - same as USA)
- Type C (round 2-prong - European)
- Type G (3-prong - British)
- **Voltage:** 230V
- Bring universal adapter to be safe - some outlets vary - Angkor Grace has universal outlets in the rooms

# Connectivity & Communication

## Will I have WiFi?

Yes:

- Angkor Grace Resort has free WiFi (lobby, rooms, pool area)
- Temples have limited/no WiFi
- Most cafes and restaurants in Siem Reap have free WiFi

## Should I get a local SIM card?

Recommended if you want data on-the-go:

- Cellcard, Smart, Metfone (major carriers)
- Available at airport or phone shops in Siem Reap
- **Cost:** \$5-10 for tourist SIM with 10-30GB data
- **Coverage:** Excellent in Siem Reap, good at temples

### Steps:

1. Buy SIM at airport arrival (after customs)
2. Bring passport (required for registration)
3. Choose data package
4. Staff will install and activate

Alternative: International roaming (check with your carrier - can be expensive)

## Will my phone work?

- Check if your phone is unlocked (can accept foreign SIM cards)
- **iPhone:** Usually unlocked if bought outright or contract fulfilled
- **Android:** Varies

## What's the time zone?

Cambodia: UTC+7 (Indochina Time)

No daylight saving time

### Time difference examples (March):

- Los Angeles: +14 hours (Cambodia is ahead)
- New York: +11 hours
- London: +7 hours
- Sydney: -4 hours

**Jet lag tip:** Arrive 1-2 days early to adjust

## Food & Dietary Needs

### What's the food like?

Included meals at Grace Cafe:

- Vegetarian and vegan-friendly options
- Fresh, organic, locally-sourced ingredients
- Farm-to-table approach
- Khmer (Cambodian) and international cuisine
- Gluten-free options available
- Filtered water, herbal teas, fresh fruit unlimited

### Sample menu:

- **Breakfast:** Fresh fruit, smoothie bowls, rice porridge, eggs, bread, coffee/tea
- **Lunch:** Amok curry (coconut-based), stir-fried vegetables, rice, spring rolls, papaya salad
- **Dinner:** Lok lak (stir-fry), grilled fish, soups, noodles, tofu dishes

### Can you accommodate dietary restrictions?

Yes! Notify us in advance:

- Vegetarian ✓
- Vegan ✓
- Gluten-free ✓
- Dairy-free ✓
- Nut allergies ✓
- Other allergies - please specify

We'll coordinate with resort kitchen before your arrival.

### What if I want to eat outside the retreat?

Absolutely! Siem Reap has incredible food:

- **Pub Street:** Tourist hub with bars, restaurants
- **Old Market (Psar Chas):** Street food, local eateries
- **Night Market:** Food stalls, BBQ, fresh juices

### Must-try dishes:

- Amok (coconut curry)
- Lok lak (marinated beef/tofu)
- Num banh chok (Khmer noodles)
- Fresh spring rolls
- Mango sticky rice

**Cost:** \$2-15 per meal depending on venue

### Is street food safe?

Generally yes, follow these rules:

- Eat where locals eat (high turnover = fresh)
- Choose hot, freshly cooked food
- Avoid raw vegetables unless washed in filtered water
- Stick to peeled fruits
- Avoid ice unless at reputable restaurant
- Trust your gut (literally)

### What about coffee?

Cambodia has excellent coffee:

- Strong, sweet iced coffee (café sua da)
- Artisan coffee shops in Siem Reap (Blue Pumpkin, Sister Srey Cafe)
- **Cost:** \$1-3

# Accommodation & Travel Insurance

## Tell me about Angkor Grace Wellness Resort

### Star Rating:

5-star boutique resort

### Location:

- Krong Siem Reap (5 min from city center)
- 15 min to Angkor Wat
- Quiet, residential area (not touristy)

### Amenities:

- Bio swimming pool
- Mahalaya Spa (traditional Khmer treatments)
- Meru Gym (fitness center)
- Grace Cafe (on-site restaurant)
- Yoga shalas (dedicated practice spaces)
- Meditation garden
- 24/7 security with gated entrance
- Free WiFi throughout
- Air conditioning in all rooms

### Rooms:

- Private or shared options
- King or twin beds
- En-suite bathroom (hot water, Western toilet)
- Mini-fridge
- Safe for valuables
- Daily housekeeping
- Mosquito screens/nets
- Desk/workspace

### Sustainability:

- Solar panels
- Water filtration system (no plastic bottles)
- Supports local farmers (Grace Cafe ingredients)
- Eco-friendly toiletries

## Do I have to share a room?

No - all rooms are single unless you choose to share

### Options:

- Single room in shared apartment with separate bathroom
- Twin Room or couples share the room cost so there is a discount of \$900

## What if I want a private room?

Private apartment single king room upgrade: +\$500

## Can my partner/friend come if they're not doing yoga?

Yes, non-participating guests welcome:

- Pay for accommodation + meals only (~\$1,250)
- They can join temple tours
- Access to resort amenities
- Cannot attend yoga/ceremonies (space limited)

---

## Travel Insurance

### Do I need travel insurance?

**YES - MANDATORY FOR THIS RETREAT**

### What should my insurance cover?

Minimum requirements:



### Recommended providers:

- World Nomads (popular with travelers, covers adventure activities)
- Allianz Global Assistance
- Travel Guard
- IMG Global
- SafetyWing (good for digital nomads)

Cost: \$100-200 for 7-10 day trip (varies by age, coverage)

### What if I have to cancel?

Check our refund policy:

- **Before Feb 1:** Full refund
- **Feb 1-28:** 50% refund
- **After Feb 28:** No refund (but spot transferable)

Your insurance should cover cancellation for:

- Illness/injury (you or immediate family)
- Natural disasters
- Airline strikes
- Other covered reasons

Read your policy carefully!

# Yoga Practice & Temple Visits

## What is Prana Flow yoga?

Created by Shiva Rea:

- Vinyasa-based (breath-synchronized movement)
- Incorporates: Wave-like spinal movements, spiral patterns, tantric philosophy
- Emphasizes: Embodiment, elemental rhythms, creative sequencing
- Not rigid - organic, intuitive, playful
- Think: Flowing like water, not rigid like a machine

## Do I need yoga experience?

No! All levels welcome:

- **Beginners:** Shiva teaches modifications, focuses on breath
- **Intermediate:** You'll deepen your practice
- **Advanced:** You'll refine and expand

If you can breathe, you can do Prana Flow.

## What if I can't do certain poses?






Modifications always offered:

- Props provided (blocks, bolsters, straps)
- Alternative poses for injuries
- Listen to your body, rest when needed
- No ego - practice is personal, not performance

## How long are yoga sessions?

- **Morning practice:** 90-120 minutes
- **Evening practice:** 45-90 minutes (gentler - yin, restorative, sound healing)

## What else besides yoga?

 <b>Meditation</b> 30-45 min daily	 <b>Breathwork (Pranayama)</b> 20-30 min	 <b>Kirtan (chanting)</b> Evening devotional singing
 <b>Sound healing</b> Crystal bowls, gongs, sacred instruments	 <b>Ceremonies</b> Opening, equinox, closing circles	

## Can I skip practices if I'm tired?

Yes, listen to your body:

- Rest days are self-care
- You can attend just meditation or just yoga
- No pressure, no judgment

However: **Equinox sunrise ceremony is the main event - don't miss it!**

## What if I'm menstruating?

Absolutely fine to practice:

- Avoid inversions if uncomfortable
- Focus on grounding, restorative poses
- Inform teacher if you need modifications
- We have supplies available

## What if I'm pregnant?

Consult your doctor first:

- Shiva Rea is certified prenatal yoga teacher
- Modifications provided
- Certain poses/breathwork avoided
- Must notify us in advance

---

## Temple Visits

### Which temples will we visit?

Included in retreat:

1. **Angkor Wat** - Main temple, equinox sunrise ceremony
2. **Phnom Bakheng** - the 'sunset' temple dedicated to Shiva
3. **Preah Khan** - atmospheric temple city
4. **Preah Palilay** - Secret forest shrine
5. **Kbal Spean** - River of 1000 Lingams (New Moon ritual site)
6. **Phnom Kulen** (sacred mountain, waterfall)

Not included (can visit on free time):

- Angkor Thom (ancient city)
- Phnom Bok - largest stone lingam ever found in Cambodia
- Beng Mealea (jungle temple, requires extra transport)
- Ta Prohm - "Tomb Raider" jungle temple (tree roots)
- Banteay Srei - Intricate pink sandstone carvings

### What's the dress code at temples?

Strict sacred site rules:

- Shoulders covered (no tank tops)
- Knees covered (long pants or skirts)
- Remove shoes at sacred inner areas
- Remove hats inside temple buildings
- Modest attire (nothing see-through or revealing)

Bring:

- Light scarf/shawl to cover shoulders
- Comfortable walking sandals (easy to remove)
- Sunhat (wear outside, remove inside)

### How much walking is involved?

Moderate to high:

- **Angkor Wat:** Uneven stone paths, steep stairs (optional - not required to climb)
- **Ta Prohm:** Tree roots, rocky terrain
- **Average:** 2-4 miles per temple day
- Wear comfortable shoes
- **Mobility concerns?** Let us know - we can adjust

### Will there be crowds?

March = moderate season:

- Not peak (December is busiest)
- Equinox Sunrise at Angkor Wat = most crowded time (but we position ourselves strategically)
- Other temples = fewer people
- We visit during optimal times

### Can I take photos?

Yes, but:

- Be respectful (no loud disruptions during ceremony)
- No climbing on structures
- No touching carvings
- Ask permission before photographing monks
- **Drones = BANNED at Angkor Archaeological Park**

### What about bathroom facilities?

- Available at temple entrances (basic but functional)
- Bring tissues/toilet paper (not always provided)
- Hand sanitizer recommended

# Equinox & New Moon Ceremonies

## Why is the Spring Equinox special?

March 20, 2026:

- Equal day & night (12 hours each)
- **Sun rises in perfect alignment with Angkor Wat's central tower**
- Ancient Khmer architects designed temple to capture this
- **Symbolism:** Balance, transformation, renewal

This alignment happens twice yearly (spring + fall equinoxes), but we're here for spring - time of rebirth.

## What's the New Moon significance?

March 18, 2026 - New Moon in Pisces:

- Darkest lunar phase (no visible moon)
- **Pisces energy:** Intuition, spirituality, dissolution of ego
- 12 hours before equinox = portal preparation
- Time to release, reset, plant intentions

## What happens during the ceremonies?



### New Moon Ritual (March 18 or 19) at Kbal Spean:

- Sacred river with 1,000+ carvings of lingams (Hindu/Buddhist symbols)
- Water blessing ceremony
- Intention setting for equinox
- Meditation, mantra, prayer



### Spring Equinox Sunrise (March 20) at Angkor Wat:

- Arrive 4:30 AM, depart resort
- Position ourselves for optimal viewing
- Watch sun rise and crown the central lotus tower
- 108 sun salutations (optional - full participation or partial)
- Group meditation, chanting
- Breakfast at temple café afterward

## What if it's cloudy and we can't see the sunrise?

March is dry season - 95%+ chance of clear skies

If cloudy:

- The alignment still happens (sun is there, we feel it)
- The ceremony is about energy, not just visual - we'll still practice, chant, and activate

## What are 108 sun salutations?

108 = sacred number in Hinduism/Buddhism:

- 108 beads on a mala
- 108 Upanishads
- 108 energy lines to the heart

During equinox:

- We flow through 108 cycles of sun salutations (Surya Namaskar)
- Can be done in 90-120 minutes
- You can participate fully, partially, or rest and witness
- Not a competition - it's a moving meditation

## I'm not fit enough for 108 sun salutations. Can I still come?

Absolutely!

- Witness the ceremony without moving
- Do 10, 20, 50 - whatever feels right
- Modify (knees down, child's pose breaks)
- The magic is in BEING THERE - movement is optional

# Common Concerns Addressed

## "I'm nervous about traveling alone."

You're not alone:

- 30 people on retreat (most come solo)
- WhatsApp group starts 30 days before (connect before arrival)
- Roommate matching available
- Group airport transfers
- Always with guides/group
- Solo travel = self-discovery, but you'll have community

## "I have anxiety about international travel."

We've got you:

- Detailed packing list, visa guide, flight routes
- Pre-departure orientation call (2 weeks before)
- 24/7 emergency contact
- English-speaking staff at resort
- You'll have support every step
- Breathwork and grounding practices to prepare your nervous system - we'll share these before you go.

## "What if there's a medical emergency?"

- Royal Angkor International Hospital (15 min) - Western standards
- Travel insurance covers evacuation if needed
- Retreat coordinator on-call 24/7
- Embassy contacts provided

## "Is Cambodia politically stable?"

Yes:

- Tourism-dependent economy
- Siem Reap is safe, developed for visitors
- 2M+ tourists annually without major incidents
- We monitor State Department advisories

## "What if Shiva Rea cancels?"

Backup plan in place:

- Certified Prana Vinyasa teacher substitutes
- You can: (a) Get full refund, (b) Continue with new teacher, (c) Receive \$300 discount
- We'll notify immediately if changes occur

## "I'm worried about food poisoning."

How we minimize risk:

- Angkor Grace = 5-star resort with high standards
- Filtered water only
- Vegetarian menu = lower food contamination risk

If you do get sick:

- Medical support on-site
- Bring: Anti-diarrheal medication, probiotics, electrolytes

---

## Cambodia Culture Tips

### Basic Khmer Phrases

- Hello: "Sok sabai"
- Thank you: "Orkun"
- Yes: "Baat" (men) / "Jah" (women)
- No: "Ot teh"
- How much?: "Tlay ponman?"
- Delicious: "Chngayn"

### Cultural Etiquette

- Greeting: Sampeah (hands in prayer, slight bow)
- Head = sacred, feet = lowest
- Shoes off: Remove before entering homes, temples
- Modest dress: Cover shoulders/knees in temples
- Monks: Women cannot touch monks

### Shopping & Bargaining

- Bargaining expected at markets
- Start at 50% of asking price
- Smile, be friendly
- Support local artisans

### Fun Facts

- Angkor Wat is on the Cambodian flag (only building on a national flag)
- Cambodia's nickname is "Kingdom of Wonder"
- Apsara dancers - sacred dance tradition, celestial nymphs
- Kampot pepper - world's best (try it!)