Yoga Journey to Thailand

November 18-25, 2018: Chiang Mai

November 25- December 2, 2018: Krabi & Bangkok

An optional one or two week retreat, exploring the best of Thailand's culture, landscapes, festivals, and cuisine

INVESTING IN YOU

WEEK 1: Chiang Mai
$1150 Double / $1650 Single

WEEK 2: Krabi & Bangkok
$1250 Double / $1800 Single

BOTH WEEKS
$2400 Double / $3450 Single

*** book both weeks, and receive $50 off your domestic flight Chiang Mai-Krabi-Bangkok ***

ITINERARY (subject to change)

WEEK 1
Nov 18: Arrive Chiang Mai
Nov 19: Hot Springs
Nov 20: Massages, temples
Nov 21: Overnight national park
Nov 22: Sri Lanna national park
Nov 23: Loi Krathong festival
Nov 24: Free Day, markets
Nov 25: Fly to Krabi

WEEK 2
Nov 25: Arrive in Krabi
Nov 26: Cave excursion
Nov 27: Free Day, beaches
Nov 28: Fly to Bangkok, massages
Nov 29: Cooking class, markets
Nov 30: Temple tour
Dec 1: Cultural performance
Dec 2: Depart Bangkok

PRICE INCLUDES

- 1 yoga session per day
- 1 Thai massage per week
- Daily breakfast or brunch
- 3 dinners per week
- Airport transfers and ground/boat transportation
- All accommodations
- Tips for planned tour guides and drivers
- Extra included amenities per week:
  - Week 1: hot springs, overnight stay at a floating yoga retreat center in a national park, markets, temples, celebration of Loi Krathong
  - Week 2: cooking class, cave excursion, markets, temple tours, cultural performance, beautiful beaches

FLIGHTS, TRANSPORTATION, & ACCOMODATIONS

Flights to and from Thailand are not included.

Receive $50 off your domestic flight between Chiang Mai-Krabi-Bangkok if you book for both weeks. Depending on when you sign up for the retreat, the domestic flight will cost approximately $150-$175 (pre-discount). Chia-Ti will facilitate getting these tickets for you.

If you come for Week 1 only, you will fly in and out of Chiang Mai airport (CNX). If you come for Week 2 only, you will fly into Krabi airport (KBV) and out of Suvarnabhumi airport (BKK). You will also need a flight from Krabi to Bangkok

on Nov 28 (assistance for this ticket can be provided). If you come for both weeks, you will fly into CNX and out of BKK.

While in Thailand and when we travel as a group, we will be traveling in chartered vans, songthaews (public truck taxis), and boats (ferry boats and longtail boats). Group travel is included in the price of the retreat.

During Week 1, we will take an overnight trip to a National Park to stay on a floating yoga retreat center. Accommodations will be open-air and communal (separate beds with mosquito netting, shared bathrooms, and no AC). Every other night during both weeks, we will stay in hotels with private baths and AC.

RESERVATIONS

$300 deposit (per week) is required as soon as possible to reserve your space. Balance is due by October 1, 2018. Payment plans are available.

* Cancellation Policy: Deposits and domestic airline tickets (CNX-KBV-BKK) are non-refundable. If you cancel between 30-15 days before the retreat, 50% of the total retreat fee is refunded. If you cancel within 14 days of the retreat, the entire retreat fee is forfeited. No refunds issued due to inclement weather or unforeseeable events. Travel insurance is recommended.

For more information or to reserve your spot, please contact:
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Chia-Ti is a certified yoga teacher and Thai bodyworker. In 2003, she received her first yoga certification from the Vivekananda Yoga Anusandhana Samsthana in Bangalore, India. She is trained in classical hatha and in yin yoga. Chia-Ti teaches group and private classes for teens, adults, and elders in New York City, as well as leads international retreats. Chia-Ti is deeply grateful to her teachers, and for the continuing grace that her own yoga practice brings into her life. For more info, visit *www.onelovewellness.com*