

travel

ITINERARY

*tentative and subject to change

December 12

Arrival, Check In & Opening

6:00 PM: Workshop-Setting intention

Group Dinner

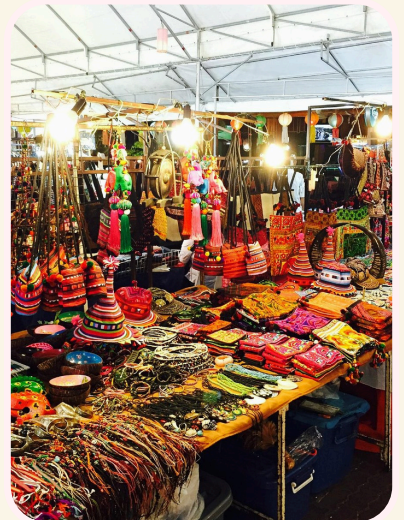


December 13

8:00 AM: Doi Suthep Tour

3:00 PM: Spa

7:00 PM: Group Dinner



travel

ITINERARY

December 14

7:00 AM: Meditation

9:00 AM: City Tour

4:00 PM: Workshop

Group Dinner



December 15-16

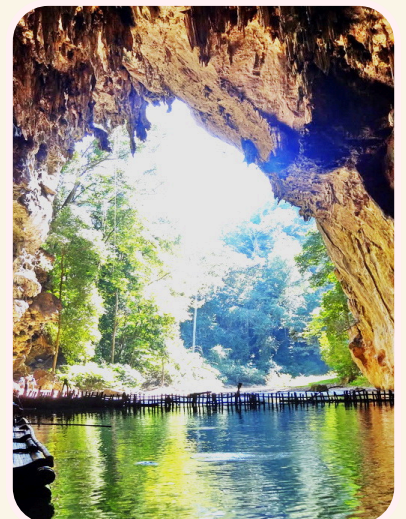
Overnight Trip to Chiang Rai



December 17

8:00 AM: Elephant Sanctuary

6:00 PM: Kayaking



travel

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December 18

Free Day

December 19

Doi Inthanon National Park Trek

Closing and Dinner

December 20

Departure

