

travel

ITINERARY

*tentative and subject to change

December 3

Various times: Arrival-Check In

6:00 PM: Workshop-Setting intention

7:00 PM: Group Dinner



December 4-8

6:00 AM: Tai Chi

7:00 AM: Yoga

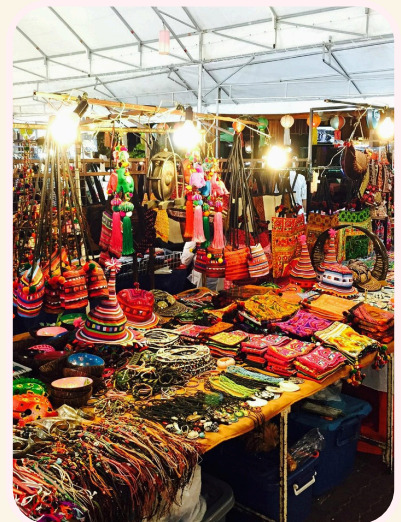
8:00 AM: Breakfast

9:30 AM Silent Meditation

11:30 AM Massage

12:30 PM Lunch

2:30 PM Silent Meditation



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4:00 PM: Somatic Exercise

5:00 PM: Discussion

7:00 PM: Dinner



December 9-10 Trip to Chiang Rai

December 11

8:00 AM: Doi Sutep and Tribe Tour

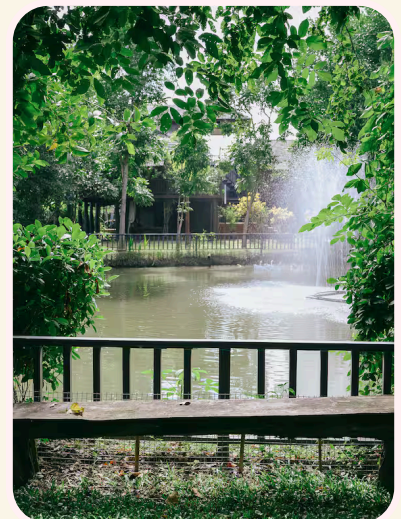
3:00 PM Cooking Class



December 12

8:00 AM: Elephant Sanctuary

6:00 PM: River Cruise



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December 13

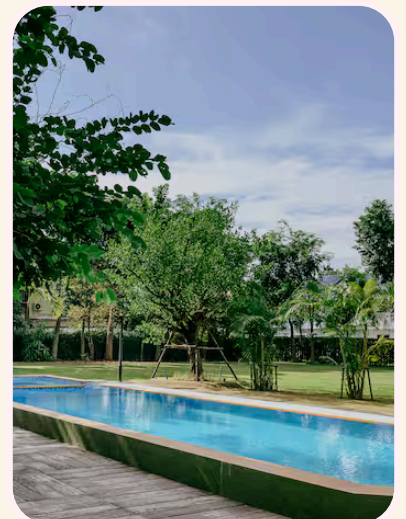
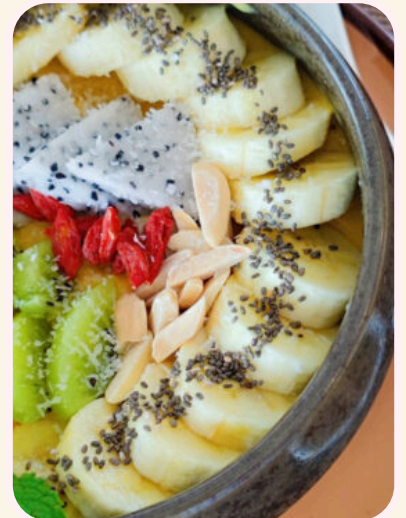
Free Day

6:00 PM: Dinner and Closing



December 14

Departure



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Day 10

Free Day

6:00 Group Dinner & Closing



Day 11

Departure

