

# travel

## ITINERARY

\*tentative and subject to change

### Day 1: Wednesday

Various times: Arrival-Check In

6:00 PM: Workshop-Intention

7:00 PM: Group Dinner



### Day 2: Thursday

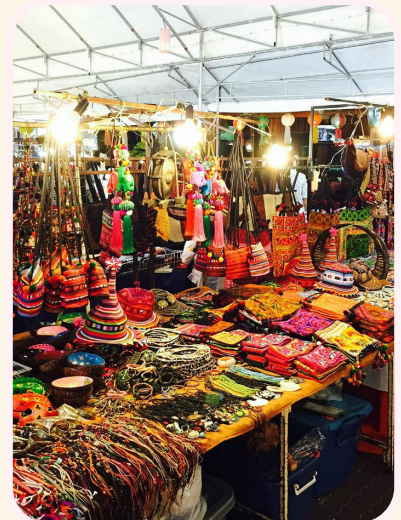
6:00 AM: (Optional) Sunrise Tai Chi

8:00 AM: Workshop-Body Connection

10:00 AM: Guided Tour

4:00 PM: Massages

7:00 PM: Night Bazaar



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## ITINERARY

### Day 3: Friday

6:00 AM: Sunrise Tai Chi (optional)

8:00 AM: Elephant Sanctuary

3:00 PM: Workshop-Self Healing

Free Evening



### Day 4: Saturday

6:00 AM: Sunrise Tai Chi (optional)

8:00 AM: Day Trip to Chiang Rai

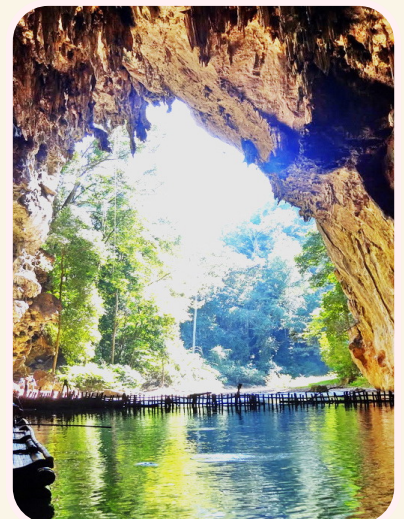
8:00 PM: Saturday Night Market



### Day 5: Sunday

6:00 AM: Sunrise Tai Chi

8:00 AM: Day Trip to Lod Caves



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## ITINERARY

### Day 6: Monday

5:00 AM: Sunrise temple tour

12:00 PM: Thai Cooking Class

4:00 PM: Self Exploration

Closing Out



### Day 7: Tuesday

6:00 AM: Sunrise Tai Chi (optional)

Tentative activities depending on  
Departure

