



**yoga.insightadventure**

**koh phangan, thailand**

**november 3-15, 2014**

Curious about Thailand? Come on an adventure! Revitalize with like-minded people, deepen your yoga and meditation practice, refresh your spirit and expand your horizons. We'll take care of all the planning!

Koh Phangan is a tropical island covered in jungle and mountains and ringed with beautiful beaches in the Gulf of Thailand. We'll spend a total of 12 nights in a two-part retreat led by experienced and passionate yogi Margi Clifford.

<http://www.yogamargi.com> for prices and registration.

# thailand 2014

## yoga.insight.adventure

Hi yogis,

I'm so glad that you're going to join me for this fabulous adventure! This excursion is designed to give you opportunity to expand your horizons and deepen your practice with lots of support and encouragement. The location and the schedule have been thoughtfully considered with this balance in mind. Fresh fruit and flowers, salty air, sand between your toes, the turquoise lagoon and the smiling Buddhas everywhere you look - if you haven't been already - trust me, you're going to LOVE Thailand!

The first part of the retreat is designed to ease you in to the rhythm of Thailand and daily practice. We will have daily yoga and meditation class, accessible to all levels, along with other activities like a cooking class and snorkeling trip. Built into the schedule is also plenty of time for lounging, exploring, and pampering. For this first 5 nights we'll be at the Monte Vista Retreat Center which is nestled into the hillside, just a ten minute walk from "town" where there are lots of shopping and dining options. Accommodations are in two-person bungalows with private bathrooms. If you're traveling with a friend or partner, be sure and let us know. If you're traveling alone we'll assign you a roommate.

From Monte Vista, we'll travel by long tail boat around to the other side of the island. There we'll stay at The Sanctuary, an exclusive retreat center right on the beach where there will be other international travelers to meet and mingle with in common areas. Multiple yoga and meditation classes will be offered daily here (exclusive for our group) and you will be encouraged and supported in a deeper practice. Members of our group will have the option to stay in the dorm (Madeline style with single beds and lockers for each yogi) or in a semi-private room. You'll see prices for both options reflected below.

### **All travelers:**

Arrange travel to Bangkok International Airport on or before November 3, 2014. There are two airports in Bangkok (Suvarnabumi and Don Mueang - you can fly to either - there's a free shuttle between the two). We'll arrange your on-going journey south to the island of Koh Phangan. Those details will follow after registration...

We recommend travel insurance to cover the unexpected (please note refund policy below) - usually available from your credit card company, travel agent or airline.

Passport (visas are available upon arrival in Thailand - if you are planning to travel to other countries, please check policies and State Department advisories).

Check with your healthcare provider but assume you won't need any special vaccines or supplements to travel in Thailand. In fact, lots of people come to Thailand for healthcare! When we're on the island, the closest hospital is on neighboring Koh Samui.

**COST:**

Includes: in-country travel to the island, accommodations as indicated, activities and meals as indicated. Not included: travel to Bangkok, meals at The Sanctuary, shopping, spa treatments.

12 nights (dorm at The Sanctuary) \$2155

12 nights (semi-private room at The Sanctuary - limited availability) \$2505

only Monte Vista Retreat Center (November 3-8) \$1285

only The Sanctuary (dorm accommodation) (November 8-15) \$980

only The Sanctuary (semi-private accommodation) (November 8-15) \$1330

\$500 deposit - May 31, 2014.

Final payment - September 15, 2014

Pay in full by May 31 and enjoy 10% discount off total cost.

Cancellation policy:

Before September 15: 100% refund - \$75 admin fee

Between September 15 - October 15: 50% refund - \$75 admin fee

After October 15: no refund available

## **november 3-8**

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monte vista retreat center - koh phangan, thailand

What's included:

RT transportation from Bangkok International Airport (flight+ferry)

Semi-private bungalows. Small classes.

Daily yoga + meditation classes - all necessary yoga supplies.

Full day marine reserve snorkel and picnic.

Thai cooking class.

Most meals (see schedule for detail).

## **november 8-15**

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the sanctuary - koh phangan, thailand

What's included:

RT transportation from Bangkok International Airport (flight+ferry)

Spacious and comfortable accommodations in a lush tropical setting.

3-5 hours yoga + meditation classes/day -all necessary yoga supplies.

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