

Thai Holiday 3/1/10 - 3/14/10

Cost \$ 4000
Extra family member \$ 3500 (shared accommodations)

\$3000 deposit upon registration (register by 1/15/2010)
Balance due 30 days prior to departure

Trip includes:

- Round-trip airfare and transfers from SFO to Koh Phangan, Thailand
- Beach bungalow accommodations
- All yoga and academic instruction
- Trip coordinator to help you get the most out of this beautiful place

Additional Services:

(Not included in the price of the trip)

- 5 nearby restaurants on beach (Great food at very low prices!)
- International yoga scene
- Wellness Center on beach (fasting and colonics available)
- Thai Massage (\$8 per hour!)
- Internet connection nearby

Many other activities (scuba, snorkeling, fishing, parasailing, kayaking, elephant trekking, eco-tours, temple tours, shopping, dancing & nightlife, cooking classes, salon services)

Our yoga vacation will unfold over the course of 2 weeks in which you will have the opportunity to attend morning study groups followed by a morning yoga sessions prior to breakfast and yoga session in the early evening. All levels of yoga practitioners are welcome. This is not an intensive yoga retreat, but a cultural vacation with some time set aside to practice yoga each day. All yoga sessions are optional. Join in on daily classes, or customize your trip to explore on your own.

For More Info

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