

*Thailand Retreat Sunday 19th January –
Tuesday 28th January 2025*

Chiang Rai, Northern Thailand



Nestled in the rolling countryside of Chiang Rai, Northern Thailand our retreat centre is the perfect space to destress, slow down, recharge and reconnect with nature.

Your home for 9 days and nights, our yoga shala and bungalows are situated around a peaceful and private fresh water lake, the perfect place for mediating, reflecting or going for a swim.



The days will normally consist of 2 long yoga sessions each day*, the morning session being more active, and the late afternoon session moving to more gentle practices such as yin, restorative and yoga nidra.

On some days there will be additional early morning meditation sessions on the lake pontoon, and we will also have a Thai Yoga Massage workshop one day in place of the afternoon session.



Between our yoga sessions there many little shalas and spaces to rest and read, or you can take a cooling swim in the lake or the Himalayan Salt Water Swimming Pool, go for a bicycle ride, have a treatment in the Retreat Spa or even go to the small onsite gym!



We will also have the opportunity to take some day trips and extra activities according to the group's desire:

- Tours of the local temples including the famous White Temple
- Visit to the Elephant Sanctuary
- Experience the Night Bazaars of Chiang Rai
- Visit some local Tea Plantations
- Farm to Table Cooking workshop at the Retreat Centre





We have 3 meals a day included along with herbal teas and ionized water. The food is traditional vegetarian Thai food, with many of the ingredients coming straight from the Organic Farm that is part of the retreat centre.



The accommodation is in simple, spacious and light bungalows situated around the lake. All are en-suite, with single, twin and triple options available.



*****First to know*****

This information pack is only going out to people who have asked for it at this stage – you guys get first dibs!

Single room – £1195pp

Shared*Room, Twin or Triple- £995pp

* If you are travelling with friends you can request a twin or triple room. If you are travelling alone but want a shared room then you may end up

in a twin or triple room depending if there are odd or even numbers of requests. In the exceptional circumstance that you request a shared room and nobody else does, you will need to pay the single room rate.

What's included in the price?

- 9 nights accommodation
- Breakfast, lunch and dinner each day
- Herbal teas and ionised drinking water
- 2 yoga sessions each day*
- Thai yoga massage workshop
- 1 x 60 minute massage treatment
- Steam room session

* On arrival/departure days there will be no yoga sessions. On excursion days there may only be 1 session depending on timing. There will be some additional sessions on other days



What's Not included?

- Flights
- Transfers
- Additional drinks and snacks not listed above
- Additional treatments not list above
- Local trips and excursions
- Additional 2 or 3 day trek in the Chaing Mai/Chaing Rai area at the end of the retreat – if there is interest for some people to do this I would be interested in coming along and happy to co-ordinate this nearer the time with a local tour company

I want to give you a good idea of what additional costs might be involved depending on what else you decide to do on the retreat. I haven't included these in the price, firstly I am not a tour leader or travel agent!

And secondly it keeps the price down. The retreat price means except for your travel to the venue, you don't need to pay for anything else unless you want to.

***Price Guides as of Sept 2023**

Flights to Thailand – these do not need to be booked until nearer the time – I will send out information around 9 months before the retreat. However you can get a direct flight to Thailand for about £500 if you are happy to have a stop over somewhere and book plenty in advance

Flights from Bangkok to Chiang Rai are around £20 – 25 each way

1/2 day Elephant Sanctuary Chiang Rai – 1400 (£34) full day 1800 (£42)
+ transport

Transport to/from Chiang Rai airport or town £15 each way car hire for 3 people, or £30 each way minibus 6 – 8 people

Transport hire to local temples – 1 day minivan hire for up to 10 people £100. Temple entrance fees a couple of £'s per person

Local cycling tour afternoon £15pp

Cookery demonstration £15pp

Field to table cookery workshop £45pp

1 hour massage treatments from £30

3 day 2 night eco trekking Chiang Mail groups of 4 – 10 people £45 – 50 per person

3 day 2 night min 2 max 6 people off the beaten track trek £80 – 120 per person



So are you coming along on this Thailand Yoga Adventure?

What to do now?

Simple – head over to this link to book your place!

- Single occupancy
- Twin/double: book 2 places for a room with a friend or partner
- Shared room – where I arrange your roommate (let me know if there is someone specific you want me to put you with). If you are

booking a single place in a shared room this is for females only. If there are odd numbers it may be a triple rather than a twin.

- The deposit at is £295pp (non refundable or transferable)

You can then pay the next 2 instalments as laid out below – or set up a monthly standing order from Feb – September 2024. Final payment is paid on arrival at the venue.

Instalments:

Your 2nd instalment of £200/300 (shared/single) needs to be made by 1st June 2024

Your 3rd instalment of £200/300 (shared/single) needs to be made by 1st September 2024

Monthly payments: 8 monthly payments from Feb – September 2024

Shared room - £50 a month

Single room - £75 a month

Final payment:

In all cases - your final balance of £300 be will be made in Thai Bhat at the venue on arrival. The exact amount in Thai Bhat will be confirmed 2 – 3 weeks in advance of the trip.

I can't wait to share this Yoga Adventure with you!

Dawn x



T&C's

Terms and Conditions: A deposit of £295 is required to book your place. The deposit amount is non-refundable. Cancellation of more than 90 days – Full refund of monies paid (less deposit). Cancellation 90 days or less, no refund, credit or exchange. Any outstanding monies are legally due in the event of cancellation of 60 days or less from the start date of the event.

****It is expected that participants have travel/holiday insurance in place in case of personal need to cancel****

Cancellation beyond control of Dawn Wright Ltd. In the event of Force Majeure/unforeseen circumstances that hinders, delays, curtails or leads to cancellation of any events Dawn Wright will not be liable for any costs incurred or to repay any monies received. Participants will be expected to claim under their individual insurance. This includes but is not limited to, severe weather, acts of terrorism, disease epidemics, government actions, natural disasters, war, strikes, and failure of 3rd parties such as venues/caterers to provide their services.

In registering for any event or service you agree that Dawn Wright, shall not be held responsible for any damage, loss or delay.

In registering for any event or service you agree to assume all risks associated with the event and or service and agree that no liability will be attached to Dawn Wright (or any staff member or contractors working on behalf of Dawn Wright) for any personal injury, illness, delay, loss or damages to property, finances or health.

The invalidity or unenforceability of any part of these Terms and Conditions does not invalidate or affect the remainder, which continues to govern the relative