



Thailand 2014

10-Day Yoga + Wellness Cultural Adventure with Root Whole Body

Join Root Whole Body Founder Pat Johnson and yoga/qigong/acupuncturist Monica Rudestam for a once-in-a-lifetime opportunity to unwind and nourish your soul with the amazing people, culture and spirit of Thailand!

Dates:

Wednesday, October 29th – Saturday, November 8th, 2014
[optional Bangkok pre-tour starting October 26th]

Includes:

Boutique, 4-star, sanctuary-style accommodations (double occupancy), unique cultural adventures and experiences, daily yoga/qigong, massage, acupuncture and relaxation days, select authentic Thai meals, generous leisure time for exploration.

Costs:

10-night Chiang Mai/Phuket: \$2950pp double occupancy excluding air
3-night Bangkok Pre-Tour: \$875pp double occupancy

Payment schedule/Deposit:

Price increases to 3,150pp on January 30th, 2014. Reservations are on a first-come, first-serve basis. \$600 non-refundable reservation deposit due by April 30th. Final Payment due 90 days prior to departure (July 31st). Passports required for travel. Document issue 45 days prior to departure.

For more information or to reserve your place: rootwholebody.com/thailand



Thailand 2014

10-Day Itinerary

Wednesday, October 29th – Chiang Mai

DAY 1 - CHIANG MAI ARRIVAL

Upon arrival in Chiang Mai, the group will be greeted by our local representative and transfer to [The Tamarind Village Chiang Mai Hotel](#), located in the heart of Chiang Mai city, a charming boutique style hotel and spa where we will be for five nights. Rest of the day is at leisure.

2:00-4:30pm Group Acupuncture (Rotating 30-minute group acupuncture treatments, optional.)

5:00-6:00pm Qigong with Monica

7:00pm WELCOME DINNER - Experience original and well-prepared authentic Thai cuisines at the [Whole Earth Restaurant](#) (specializes in vegetarian food but non-vegetarian food is also available). Return to the hotel after dinner.



Thursday, October 30th - Chiang Mai

DAY 2 - HALF-DAY HILL TRIBE

7:00-8:15am Morning Hatha with Monica

8:30am Breakfast at Hotel

Today, the group will have a real cultural adventure. This trip to the mountains invigorates both mind and soul. A relaxing drive takes us up the slopes of [Doi Suthep](#) to visit a [Meo hilltribe](#) to observe their simple way of life. The Meo tribe originated in South China and usually live on mountain peaks or plateaus above 3,000 feet. There are several groups of Meo hill tribes but the Blue Meo and the White Meo tribal groups are the largest in numbers. These groups are distinguished by their costume and despite their name; the White Meo wear a black costume. This tour offers a spectacular view of Northern Thailand as we travel on mountain roads and through forest scenery, ending with a visit to the 600 year-old Doi Suthep Temple near the summit of Doi Suthep. The final climb to the site is via a magnificent [Naga \(dragon-headed serpents\) Staircase](#) of 306 steps. Inside is an intriguing copper-plated chedi topped by a five-tier gold umbrella which contains partial relics of Lord Buddha. Lunch is under your own arrangement. Transfer back to hotels and enjoy your afternoon in Chiang Mai at leisure.

5:00-6:15pm Yin Yoga with Monica



Friday, October 31st - Chiang Mai

DAY 3 - ELEPHANT SAFARI & RAFTING

7:00-8:15am Morning Hatha with Monica

8:30am Breakfast at Hotel

Group will be picked up for another adventure. Set in a beautiful jungle setting, approximately 60-km north of Chiang Mai on the banks of the Ping River, lies the **Chiang Dao Elephant Camp**. We will witness an enthralling display of elephant training and tricks as the trainers (mahouts) command their respective elephants to display the skills they once used in the logging industry - though this camp now gives the retired jumbos a better way of life. After a short elephant ride, we take to the river on **bamboo rafts**. To glide effortlessly and silently along the river on a bamboo raft is a wonderful experience and a great way to relax after the exhilaration of elephant riding. Lunch is served at a local restaurant. On the return to Chang Mai, we stop off to visit an **orchid farm** to view a variety of some of Thailand's most exquisite blooms. Lunch is included today.

5:00-6:15pm Yin Yoga with Monica

Saturday, November 1st - Chiang Mai

DAY 4 - MASSAGE, ACUPUNCTURE & RELAXATION

7:00-8:15am Morning Hatha with Monica

Breakfast at the hotel and today, enjoy a 90-minute Lanna Exotic Massage at the hotel. Lanna Exotic is a soothing massage treatment that combines northern Thai healing techniques with a hot aromatic oil massage. The traditional northern **Thai "Tok Sen" method** of tapping gently along the body's meridian lines helps stimulate blood circulation and awaken the senses. Combining it with a relaxing hot aromatic oil massage that eases away all the stress and tension makes a Lanna Exotic massage simply heavenly. The rest of the day is at your leisure.

2:00-4:30pm Group Acupuncture (Rotating 30-minute group acupuncture treatments, optional.)

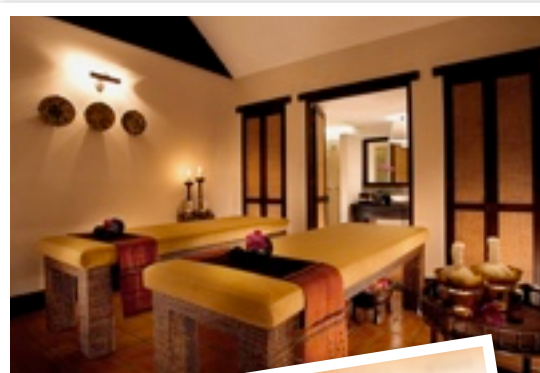
5:00-6:00pm Qigong with Monica

Sunday, November 2nd - Chiang Mai

DAY 5 - CHIANG MAI AT LEISURE

7:00-8:15am Morning Hatha with Monica

Breakfast at the hotel and then today is at your leisure to explore.



Monday, November 3rd - Phuket

DAY 6 - CHIANG MAI > PHUKET BY AIR

7:00-8:15am Morning Hatha with Monica

Breakfast at the hotel and then group will be picked up and transferred to the airport for their flight South to Phuket. Upon arrival, the group will be greeted by our local representative and transferred to the [Centara Phuket Villa Resort](#), well located on the tranquil [Karon Beach](#) at one of the popular wellness retreats to check into a Deluxe Ocean facing villa room for the next five nights. Rest of the day is at leisure. Phuket is the largest island in Thailand and is a province in itself. Phuket itself is a beautiful island with many great beaches, rocky capes, mountains and forested hills as well as lush farmlands incorporating crops such as rubber, pineapple and tapioca. Phuket is also a central point from which travelers may discover alternative but equally exciting destinations.

5:00-6:15pm Yin Yoga with Monica

Tuesday, November 4th – Phuket

DAY 7 - DISCOVER PHANG-NGA BAY

7:00-8:00am Early Breakfast

8:30am – All Day Adventure: [Phang-Nga Bay](#) National Park is home to 42 islands and this excursion gives the best orientation into this fascinating land and seascape that boasts stunning limestone cliffs jutting out of the sea, mangroves, tidal caves and washouts called hongks in Thai. The tour starts with a road trip from Phuket Island into Phang-Nga province on the mainland. Our first stop is at [Suwankuha Cave](#), also known as “[Monkey Cave](#)”. Next we board an iconic long-tail boat to navigate around the majestic limestone karsts in Phang-Nga Bay, with a stop for lunch at a local [fisherman's village that has been built entirely on stilts](#). We then board sea canoes to paddle out to sea to see the caves up close. A paddle guide is assigned to each canoeist so guests can just sit back and enjoy the mystical scenery and the native flora and fauna. The canoes are great for visiting the famous [Tapu Island](#) and “[James Bond Island](#)”. The tour ends with a sunset boat journey back to Phuket.

9:00-10:00pm Qigong with Monica



Wednesday, November 5th - Phuket

DAY 8 - MASSAGE, ACUPUNCTURE & RELAXATION

7:00-8:15am Morning Hatha with Monica

Breakfast at the hotel and then today, experience a Royal Treat at **Cenvaree Spa**. A three hour package called “Wanalee”, combining the richness of Thai herbs and organic plant essences, this spa journey is deeply detoxifying at all levels. Your botanical bliss scrub is followed by a galangal root firming wrap and scalp massage to stimulate the lymphatic system and to assist in the removal of toxins. After a refreshing shower, enjoy a signature **Aromatherapy massage or a traditional Thai massage**. To complete this royal treat, allow your senses to be overcome with a deep-cleanse oxidizing facial using active ingredients such as Calendula, Licorice, and Evening Primrose to restore skin freshness. The journey ends with a cup of refreshing Chrysanthemum tea. The rest of the day at leisure.

2:00-4:30pm Group Acupuncture (Rotating 30-minute group acupuncture treatments, optional.)

5:00-6:00pm Qigong with Monica

Thursday, November 6th - Phuket

DAY 9 - PHUKET AT LEISURE

7:00-8:15am Morning Hatha with Monica

Breakfast at the hotel and then today is yours at leisure to relax by the pool or beach, shop, wander and explore.

Friday, November 7th - Phuket

DAY 10 - PHUKET AT LEISURE | CLOSING CEREMONY

7:00-8:15am Morning Hatha with Monica

Breakfast at the hotel and then today is yours at leisure to relax by the pool or beach, shop, wander and explore.

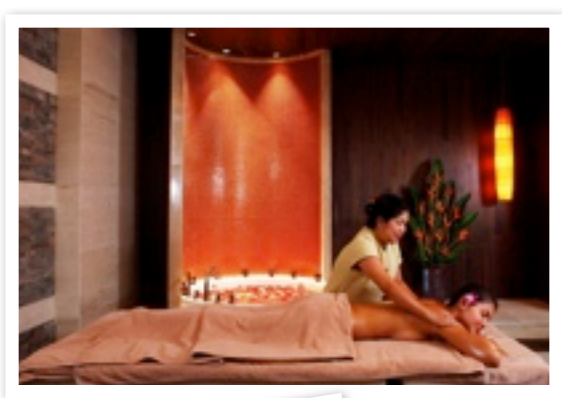
6:00-9:00pm FAREWELL DINNER + CLOSING CEREMONY

Saturday, November 8th - Return Home

DAY 11 - PHUKET > BANGKOK BY AIR

7:00-8:15am Morning Hatha with Monica

Breakfast at the hotel. Group check out and transfer to the airport for the flight back to Bangkok which will connect with the flight home.



Optional 3-night Pre-Tour Bangkok

While a bustling cosmopolitan city isn't conducive to a wellness retreat, you may want to add this pre-tour of the capital city if you're visiting Thailand for the first time - as a prelude before you unwind.



Sunday, October 26th – Bangkok

DAY 1 - BANGKOK ARRIVAL

Upon arrival at the Bangkok International Airport and clearing immigration, the group will be greeted by our local representative and transferred to the [Rembrandt Hotel](#), a luxurious hotel in the central Sukhumvit district of Bangkok, for the next 3 nights.

Monday, October 27th – Bangkok

DAY 2 - GRAND PALACE HALF-DAY TOUR

Breakfast at the hotel and then group will be picked up at the hotel for the tour. The [Grand Palace](#) is the “must see” attraction in Bangkok. It is an architectural wonder of golden stupas, walls and pillars encrusted in shining and colorful mosaics. Previously the residence of past Kings of Thailand, you will see [Wat Phra Kaew](#), the most sacred Buddhist temple in Thailand, which houses the [Emerald Buddha](#). The Buddha is carved from a single piece of jade and is the most revered object in Thailand. After the tour, return to hotel for refreshment and enjoy your leisure afternoon in Bangkok.

This evening, enjoy dinner and the famous [Siam Niramit cultural performance](#). This stunning cultural performance depicts various aspects of Thai culture and history. There is an optional buffet dinner, at an extra cost, served prior to the show. You will be truly amazed by the state-of-the-art stage backdrop and costumes. Some of the actors in this show are among the largest animals on earth!

Tuesday, October 28th – Bangkok

DAY 3 - HALF DAY FLOATING MARKET TOUR

Breakfast at the hotel and then the group will head out to visit the rural country side of Ratchaburi where the world famous [Damneon Saduak Floating Market](#), with its many colors, flavors and exotic fragrances. A photographer's delight, the market is bustling with activity until about 11.00 am. We will continue to the golden-tiled dome of [Phra Pathom Chedi](#) in Nakorn Pathom, the largest pagoda in South East Asia.

Wednesday, October 29th – Bangkok

DAY 4 - BANGKOK DEPARTURE > CHIANG MAI

Breakfast at the hotel. Shared transfer back to airport to join Main Tour.

