

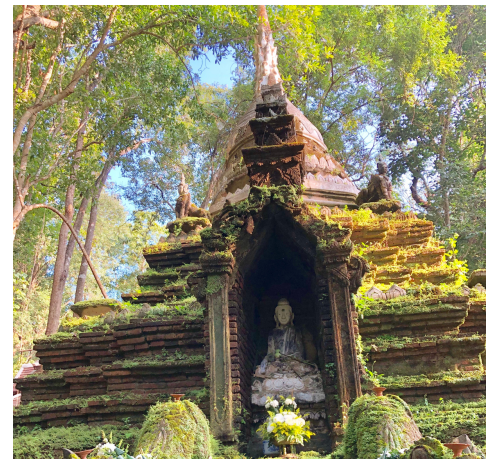
# JOURNEYS OF INSIGHT



NOVEMBER 17 - NOVEMBER 24

## Northern Thai Culture & Meditation Immersion Retreat w/Franci

8 days/7 nights of Meditation,  
breathwork, yoga, and Exploration -  
Nourish your spirit of adventure  
through inward reflections and  
outward explorations





JOURNEYS OF INSIGHT

# Northern Thai Culture & Meditation Immersion

Immerse yourself in the exploration of ancient wisdom and discover practical ways to seamlessly integrate it into your everyday life while being inspired by the culture and awe-inspiring mountains surrounding the city.

## **\$2222 INVESTMENT INCLUDES**

- Daily meditation, journaling, & contemplation practices
- Meditative & breath-centered yoga most days
- Wim Hof style breathwork most days
- Practical mindfulness workshops
- 2x 60 minute massages
- Elephant sanctuary visit
- Local guide
- Half day meditation retreat with local monk
- 4 meals included
- 7 nights at Away Chiang Mai Thapae Gate Resort 4 star resort
- Breathtaking hikes
- Noble silence periods
- ...and so much more

Shared room \$1888

\*Scan QR code for tentative schedule and list of activities

TO RESERVE EMAIL FRANCI AT  
HAPPYHEARTSYOGAPROJECT@GMAIL.COM



## JOURNEYS OF INSIGHT



Clarification: This is NOT a yoga retreat; it is a practical mindfulness, insight meditation, and cultural immersion experience.

While there will be some asana (yoga postures), the primary intention is to guide you to places where you can encounter the ineffable, prompting moments of silence and inner exploration.

Proceed with caution! This trip is designed to offer several experiences that will take your breath away and evoke a sense of the ineffable. You may discover yourself using expressions like "magical" and "breathtaking" more frequently than you're accustomed to. Be prepared for moments that transcend description.

## Overview

### Day 1 (Sun 11/17) - Welcome, Temple Massage &

#### Cultural Intro

- Introductions retreat intention setting
- Jing Jai Market
- Short movement practice & “Journeys of Insight” intro
- Temple Thai Massage (60 min)
- Welcome dinner

### Day 2 (Mon 11/18) - Chang Chill Private Elephant

#### Experience & Massage

- Early morning breathwork
- Chang Chill private elephant experience & “Journeys of Insight” contemplation and meditation
- Massage at Fah Lanna
- Optional visit to Wat Lok Molee temple
- Evening journal reflection and meditation

### Day 3(Tues 11/19) - Early Morning Doi Suthep Tour

- Sunrise at Doi Suthep and cultural immersion with local guide
- Local market visit for breakfast
- Cave temple visit and meditation
- Midday meditative vinyasa flow
- Evening journal reflection and meditation

### Day 4 (Wed 11/20) - Sticky Waterfall & Temple Tour

#### w/Local Guide

- Early morning breathwork



## JOURNEYS OF INSIGHT

### Day 4 Continued (Wed 11/20) - Sticky Waterfall & Temple Tour w/Local Guide

- Sticky Waterfalls are in a national park with fast flowing waters over limestone rocks that have enough grip to be able to climb
- Inversion fun at national park
- Walking tour visiting wondrous temples in the old city
- Evening journal reflection and meditation

### Day 5 (Thurs 11/21) - Sunrise Hidden Temple Tour, Artist Village

- Sunrise hike up to a hidden temple in the mountains surrounded by waterfalls
- Artist village that supports local independent artisans and promotes local culture
- Midday breathwork and yoga
- Evening journal reflection and meditation

### Day 6 (Fri 11/22) - Morning Temple Hopping & Half Day Meditation Retreat at Temple Hosted by Thai Monk

- Early morning market to collect food for monk alms giving
- Temple hopping before the crowds arrive - the perfect opportunity to find a space for meditation or journaling
- Late morning breathwork
- Visit Wat Suan Dok for intro to vipassana meditation, Buddhist culture, and meditation half day retreat
- Evening journal reflection and meditation

## JOURNEYS OF INSIGHT

### Day 7 (Sat 11/23) - Doi Inthanon, Awe Inspiring Hike w/Waterfalls

- Visit the highest point in Thailand and enjoy some of the most stunning vistas and unique ecosystems
- Local remote village visit for some of the best coffee (or tea) in Thailand
- Short hike through waterfalls, rice fields, and coffee plants with a local
- Goodbye dinner and reflections



### Day 8 (Sun 11/24) - Until next time

## Sign Up Information

Early-bird pricing until Wed, July 31st:

\$2111 (Early-bird pricing honored if deposit is paid by 7.31.24)

Retreat investment:

\$2222

Shared Room:

\$1888

\$321 Non-refundable deposit to reserve your spot

Remaining balance due by Mon, Sept 30th



## What's not included:

- Traveller's insurance (mandatory). Suggested insurance World Nomads
- Flights
  - Best to purchase flight to BKK and purchase additional flight to Chiang Mai. From Bangkok to Chiang Mai. Purchasing this way instead of selecting flight from your city directly to Chiang Mai will generally save you \$400
- Most lunches (most meals average less than \$10USD)
- Medicine or treatment incurred from outdoor activities or sickness
- Transportation to meals or activities that are not listed in the above tentative itinerary

\*The itinerary listed here is a guide to our experience and subject to change due to weather, flights, and/or other unforeseen circumstances.

### Suggested add-ons:

- Visit a traditional Thai doctor and get thai massage or acupuncture
- Muay Thai (\$10 group class privat is \$15)

## FAQ

### What airport should I fly into?

- Fly to BKK (Bangkok) and then purchase separate flight to CNX (Chiang Mai) if you would like the most economical option.
- Be careful to book your in country flight to CNX from BKK airport as there are 2 airports in Bangkok

### How much time should I allow between my flight from BKK to CNX?

- Allow for a minimum of 1 hr between your flight from BKK to CNX in case your connecting flights are delayed.
- There is a massage space next to the Starbucks in the BKK airport and is the perfect place to wait for your next flight.

### Should I arrive on the 17th or can I come earlier?

- Avoid jetlag and come a day (or two earlier) if you can.
- I can reserve the same hotel or find you a more economical option if you are interested in coming early.

### How should I pay my \$321 deposit?

- Scroll up to the "how to register" section and click on the "send deposit now" button.
- If you prefer to use Paypal, send an email to [happyheartsyogaproject@gmail.com](mailto:happyheartisyogaproject@gmail.com) for details on how to do that.



## FAQ

**At what time should my flight depart on the 24thnd?**

- We will have one final practice at 6:30am on the final day. You can opt out or try to reserve your flight after 10:30am.

**How will I get from airport to the hotel?**

- A professional driver from the hotel will be at the airport waiting for you inside with your name on a sign and the name of the hotel.
- I will text you a picture of the driver so you know who to look for.

**How long does it take to get from the airport to the hotel?**

- About 20 min

**What should I pack?**

- Women need to cover their shoulders and knees inside of temples. Please bring lightweight clothes that cover both. I find it easiest to bring athleisure wear that is moisture wicking and lightweight scarf to throw over shoulders
- Comfortable walking sandals or shoes. (I live in birkenstocks)
- Thin jacket for early morning experiences.
- Comfortable hiking shoes.
  - No need for professional hiking boots, but you will need slip resistant shoes for a few hikes.
- You can purchase bug repellent, sunscreen, and other basics in Thailand for a fraction of what you can get it in the states. KEEP YOUR BAG LIGHT and purchase these necessities upon arrival.

## FAQ

### How do I get Thai currency?

- As soon as you land, you can withdraw Thai Baht at one of the many ATMs.
  - Try to do this instead of wait until in Chiang Mai.

### Is Thailand safe?

- No. And neither is Florida. Purchase travelers insurance, and use intuition, that is the best you can do.
  - This will be my 5th trip back to Thailand & Chiang Mai. Each of those times I have traveled on my own. Plan properly and stay safe!

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### Why Journeys of INsight?

The Pali (original language of the Buddha) word, vipassana, is often defined as insight. The prefix “vi” stands for “special” and “passana” means “seeing.” Some even say that we can begin to reduce suffering and have more equanimity once we direct our sight inward to experience this special seeing. When we cultivate this insight, or inward vision, we can see things more clearly. Instead of seeing everything through the lens of our history, our upbringing, our socioeconomic status, among several other filters we use unknowingly, we can open fully to the present moment as it is - without our attachment with the story of who we are, or any narratives of the “other.”

Our journeys are intended to support this special seeing that gives us clarity on how to live with whole-hearted presence and contentment.



