



LONG ISLAND QI HOLISTICS PRESENTS:

# BODY & MIND THAILAND EXPERIENCE

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FEBRUARY 15-29, 2020

JOIN US IN NORTHERN THAILAND FOR AN  
UNFORGETTABLE ADVENTURE IN BODY,  
MIND, AND SPIRIT.

WWW.LIQIHOLOSTICS.COM  
TO APPLY, CONTACT: TQH.ASHLEY@GMAIL.COM



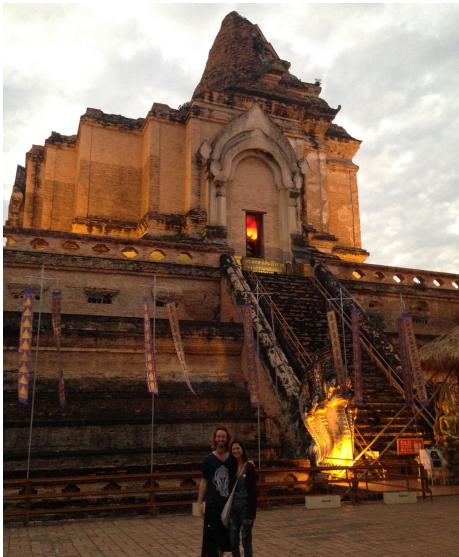
# WE BEGIN IN CHIANG MAI...

**SETTLE AND IMMERSE  
YOURSELF IN A FIVE-DAY  
MEDICAL QIGONG  
INTENSIVE.**

Enjoy breakfast at the hotel, then head to the Thai Qi Holistics clinic in Chiang Mai's Mae Hia district, where you will study with Qigong master, Ajahn Toh, and TQH Instructors. Within five days, you will receive expert guidance to awaken your innate self-healing energy through Qigong practice. Interactive lectures will provide basic insights into the fundamental Law of Nature, which is used to diagnose and treat health conditions. Have lunch at the local market or, on special occasions, Thai food prepared by Ajahn Toh's wife, P'Oh.

During the week, you will also visit Payap University, Thailand's first private university, to attend a Qigong class and engage with local expats, followed by a tour of the historic Wat Chedi Luang in Chiang Mai's 'Old City' center.

Evenings are free. Taste the local food, book a massage, and explore the markets.



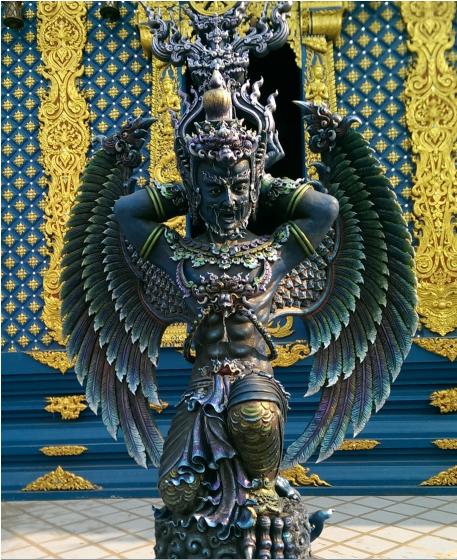


# ...SPEND THE WEEKEND EXPLORING

## TAKE A DAY TRIP TO CHIANG RAI & LEISURE TIME IN THE 'OLD CITY.'

On Saturday, take a trip north to Chiang Rai, a city brimming with local creativity. Explore the famous White Temple, an intriguing twist on traditional-meets-contemporary artwork, its equally unique counterpart, the Black House, and the distinctive Blue Temple, all with a local guide. Lunch is included.

After a long week, plan for a relaxing Sunday off. Wander around 'Old City,' which encloses dozens of Buddhist temples, including Wat Pra Singh. In the evening, treat yourself to delicious street food and a foot massage at city's massive Sunday night market.





# THEN, GET READY TO MEDITATE...

**RETURN TO THE TQH  
CLINIC, NOURISH WITH  
HOME-COOKED THAI FOOD,  
& TAKE RETREAT IN THE  
MOUNTAINS.**

Begin your second week with more Qigong practice and a Thai cooking class. Then, head off with the TQH team for a three-day, two-night meditation retreat at a Thai Buddhist temple located just outside of Doi Inthanon national park. During this time, you will visit the highest peak in Thailand, see the breathtaking Twin Pagodas, eat at the Royal Project's farmland restaurant, savor hill tribe coffee, and walk along a waterfall or two. Healthy meals will be served throughout.

The week will end with a final class at the TQH clinic, a traditional Thai 'Khantoke' dinner & dance show, a mini-excursion to Chiang Mai's mountain temple, Doi Suthep, and a farewell dinner.





# 2020 DATES & COSTS

**DATES: FEBRUARY 15-29, 2020 (TWO WEEKS)**

**COST: \$2,585\***

\*For your own private room at the hotel, add \$350 to the total.

**Deposit:** A \$850 non-refundable deposit guarantees your place. Deposit must be made by December 1, 2019.

**Final payment must be received by January 1, 2020.**

## WHAT'S INCLUDED:

- Group study with Qigong master, Ajahn Toh, and TQH Instructors at the Thai Qi Holistics clinic.
- Hotel accommodations, breakfasts included.
- Guided day trip to Chiang Rai.
- Three-day, two-night meditation retreat at a Thai Buddhist temple.
- Exploration of Doi Inthanon national park.
- Thai cooking class.
- Entrance fees to temples, national park attractions, and Khantoke show.
- Private transportation to all planned activities.

## WHAT'S NOT INCLUDED:

- Plane ticket to and from Thailand (although we will suggest airlines/itineraries, for ease of travel).
- Lunches and dinners, except during day trips, the meditation retreat, cooking class, special group outings, and when P' Ow cooks.
- Travel insurance (required).



## **SUGGESTED BUDGET FOR FOOD, SHOPPING, MISC.:**

Food in Thailand is delicious -- and inexpensive. Spend as little as \$1.50 for a local meal. Double or triple that for slightly fancier fare, including organic or international cuisine. Shops are packed with traditional Thai clothing, gifts, souvenirs, and perishable/non-perishable foods. Thai massage and treatment spas are abundant. Laundry services, as well as coin-operated washing machines, are cheap. Depending on your spending habits, you may want to budget \$500-1,000.

Round-trip flights in economy class can cost anywhere between \$500-1,000. We can suggest airlines and itineraries, based on our experience traveling between USA and Thailand. Feel free to arrive early, before the program begins, or to stay longer after it ends - just know that you will be responsible for booking your own accommodations and activities during that extra time.

## **TOTAL COST OF THE TRIP:**

Body & Mind Thailand Experience = \$2,585 (shared room), \$2,935 (private)  
Personal expenses = \$500-1,000  
Round-trip airfare = \$500-1,000  
Travel insurance (required) = \$200-\$300



## ITINERARY:

**Saturday, Feb 15** - 6:00PM Welcome Dinner

### **Week 1 (Feb 16-22)**

**Sunday** 10:30AM orientation at the TQH clinic

1:00PM group lunch

(Settle, rest, afternoon tea & coffee)

5:00PM Sunday Night Market

**Monday** - 9:00AM morning session at the TQH clinic

12:30PM lunch & rest

2:30PM afternoon session at the TQH clinic

4PM return to the hotel; evening is free

**Tuesday** - 9:00AM morning session at the TQH clinic

12:30PM lunch & rest

2:30PM afternoon session at the TQH clinic

4PM return to the hotel; evening is free

**Wednesday** - 9:00AM morning session at the TQH clinic

12:30PM lunch & rest

2:30PM afternoon session at the TQH clinic

4PM return to the hotel; evening is free

**Thursday** - Morning is free (lunch on your own)

1-4PM class at Payap University

4:30PM visit Wat Chedi Luang

Evening is free

**Friday** - 9:00AM morning session at the TQH clinic

12:30PM lunch & rest

2:30PM afternoon session at the TQH clinic

4PM return to the hotel; evening is free

**Saturday** - 6:30-7AM van pick-up for day trip to Chiang Rai

Return between 5-7pm; evening is free



## ITINERARY (CONTINUED):

### **Week 2 (Feb 23-29)**

**Sunday** - Day off: grab breakfast and shop at the local 'JJ Rustic Market,' take a self-guided walking tour of Old City, schedule a massage, visit Maya shopping mall, enjoy a leisurely coffee, stroll around the Sunday Night Market, & rest!

**Monday** - 9:00AM morning session at the TQH clinic

12:30PM Thai cooking class & Lunch

3:00-4:00PM return to the hotel; evening is free

**Tuesday** - 9:00AM van pick-up for Doi Inthanon meditation retreat

**Tuesday through Thursday** Retreat schedule is flexible.

During this time, you will loosely follow the Buddhist temple schedule, receive meditation instructions from Ajahn Toh and/or the residing Abbot monk, continue your Qigong practice, sample hill tribe coffee, and visit Doi Inthanon national park, whose attractions include the mountain summit, Royal Twin Pagodas, and the Royal Project restaurant and garden. You may also take an easy trek to the temple's nearby waterfall. The group will return to the hotel on **Thursday** evening.

**Friday** - enjoy the morning off: do last-minute shopping, savor some final tastes of your favorite local foods, & rest

3:00PM afternoon wrap-up session at the TQH clinic

6:00PM get dressed and ready for the Khantoke show! (we will travel from the clinic)

**Saturday** - 9:00AM van pick-up to visit Doi Suthep

12:00PM return to the hotel to pack & rest (lunch on your own)

7:00PM Farewell Dinner



## **Q & A:**

### **What will the weather be like?**

The second half February marks the end of Thailand's winter season. Expect average daytime temperatures in the low 90's and nighttime temperatures to dip to around 64°F. During the meditation retreat, we will be at a slightly higher elevation, so bring extra layers for potentially cooler early morning and nighttime temperatures. Socks are recommended.

### **What kind of footwear should I bring?**

Some outings will include a fair amount of walking, so bring a pair of comfortable walking shoes, in addition to your sandals or flip-flops.

### **What is the local currency?**

The local currency is Thai Baht (฿) and is used in all cash transactions. You may take out Thai Baht from ATMs (with a limit of ฿20,000, or roughly \$660, per day – service fees are roughly \$6 per transaction) or exchange US dollars for Thai Baht at local currency exchange shops. We are happy to help exchange money for you before you arrive in Thailand – just ask. Credit cards are also accepted at limited grocery stores and restaurants.

### **What Thai cultural practices should I be aware of and prepared for?**

Thailand is a Buddhist country. Be prepared to follow the proper temple dress code, which includes wearing tops that cover the chest and shoulders, and bottoms that fall below the knee. Shawls or scarves are also useful.

### **Is there anything else I should know?**

Thai people are very friendly, relaxed, and welcome flexibility in daily routines. We advise you to come with an open mind, heart, and trust that, although things may not always go according to plan in the East, the unexpected outcomes are usually those that are most enriching.