

Spirit Tours

JOURNEYS OF THE SOUL

Spirit of Thailand

11 days and 10 nights

January 14th through 24th, 2011

\$2998 Land Only

Yoga•Qigong with Lori Furbush
and Jim Cramer



Jan 14th Day 1

Depart SFO and cross the international dateline.

Jan 15th Day 2

Arrive in Bangkok, Thailand (Krung Thep, meaning "City of Angels"), and transfer to the Royal Orchid Sheraton Hotel. The hotel rises 28 floors above the eastern bank of the Chao Phaya River, the fabled "River of Kings." Every room and suite commands panoramic views of the magnificent river. The Royal Orchid Sheraton is the perfect place from which to discover this magical city of sumptuous sights and magnificent temples. We will have the afternoon to rest from the trip in our rooms or at the hotel pool next to the river, or schedule a massage at the hotel spa.



Not Included:

❖ *Optional Spa Treatments*

Jan 16th Day 3



Morning Qigong and Yoga is followed by a visit to the Grand Palace, a magnificent display of history and artifacts of legendary Siam. The buildings are adorned with ornate carvings and mystical figures elaborately decorated or covered with a brilliant gold. The Temple of the Emerald Buddha houses a beautiful statue of Buddha that is the object of national veneration. The building contains murals depicting the life of Buddha, a painted middle-aged conception of the universe, and birth stories and nursery rhymes. Some of the door panels contain beautiful inlaid work in mother-of-pearl.

A short distance from the Grand Palace is Wat Po, the temple of the Reclining Buddha which contains a gigantic 148 foot long, 50 foot high gold-plated Lord Buddha resting on his side, representing his entry into

Nirvana. The soles of his feet are covered in mother-of-pearl. Wat Po is an extensive compound and contains more than 1000 Buddha images. There are also 91 other Chedis of varying sizes around the grounds, along with chapels, rock gardens, an array of different types of statues,



inscriptions, and bell towers. Wat Po is also school of traditional medicine including the teaching and facilitating of traditional Thai massage.

Afterward, we will take a long tail boat cruise to experience Venice of the East and that eve we will have a welcome dinner along the Chao Phaya River.

Included:

- ❖ 7:30-8:30am Qigong and Yoga
- ❖ Welcome breakfast and dinner

Jan 17th Day 4

After morning Qigong and Yoga with Lori, we will experience the highlights of Ratchaburi province. We start with a unique railway market,

Samut Songkram, located just before Ratchaburi province. We then continue to the well-known Damnoen Saduak floating market. On request, we can choose to go to the very original and authentic Tha Kha floating market, but this market is not open every day.



Included:

- ❖ 7:30-8:30am Qigong and Yoga
- ❖ 8:30-9:30am Breakfast
- ❖ 10am to 3pm Tour to Ratchaburi province

Not Included:

- ❖ *Dinner on your own*

Jan 18th Day 5

After morning Qigong and Yoga, we depart for the airport at 10am for our 12:40pm flight to Chiang Mai in northern Thailand. Chiang Mai is

Thailand's second-largest city and is also the center of Buddhism in northern Thailand. Chiang Mai has a striking mountain backdrop, over 300 temples, and a quaint historical aura. It's also a modern, friendly, internationally-flavored city with much to offer the visitor. Chiang Mai is one of the few places in Thailand where it is possible to find in the heart of the city centuries-old chedis and temples next to modern convenience stores and boutique hotels. The original city layout still exists as a neat square surrounded by a moat with vestiges of the fortified wall and its four main gates offering prime access to the old town. We will stay at Yaang Come Village, a small hotel, named after a 40-year-old giant Yaang Come tree on the grounds, and only a short distance to the night market. In the evening, we will have a welcome to Chang Mai dinner at the hotel.

Included:

- ❖ 7-8am Qigong and Yoga
- ❖ 8-9am Breakfast
- ❖ 10am flight to Chiang Mai
- ❖ Welcome Dinner

Not Included:

- ❖ *Lunch on your own*



Jan 19th Day 6

We will visit Chiang Dao Elephant Camp and Elephant Riding, a ½-day tour. This tour is a private trip to visit the Chiang Dao Elephant Camp approx. 60kms north of Chiang Mai. It is one of the best elephant camps in Northern Thailand. The trip departs 9:30am and elephant riding, rafting, lunch, and entrance fees are included. In the evening, you will have dinner on your own and time to make another visit to the Night Market.

Included:

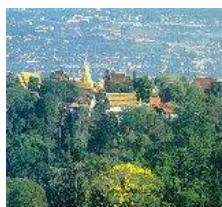
- ❖ 7-8am Breakfast
- ❖ 8:30am-3:30pm Chiang Dao Elephant Camp
- ❖ 4:30-5:30pm Afternoon Qigong with Lori

Not Included:

- ❖ *Dinner on your own*

Jan 20th Day 7





After morning Qigong and Yoga, we will venture to *Doi Suthep*, a mountain about 15 kilometers from *Chiang Mai*, and visit *Wat Prathat Doi Suthep*, a Holy Temple. There is a large golden pagoda in the center of the temple containing a part of the holy relics of the Lord Buddha. It is holy spot visited throughout the year by Buddhist pilgrims from all over the world. *Doi* is a northern Thai word meaning “mountain.” *Suthep* is the name of a hermit who, according to tradition, had lived there before the shrine came into being. Inside *Wat Suthep*, you are free to wander the grounds. In the middle of the temple is the sacred square cloister area where, upon shedding shoes and ascending another dozen steps, visitors can see the Lanna-style, copper-plated chedi topped by a five-tiered gold umbrella. It is considered one of the holiest areas in Thailand. Monks inside are kept busy blessing the devout with holy water and the smell of incense and burning candles fill the senses as you circumnavigate the cloister. Metal bells, double-stacked, line a couple of walls and are kept busy throughout the day. The lookout area is the other side from the entrance gate and viewers can gaze down at the city of Chiang Mai. From here, you have a clear view of the winding Ping River and the surrounding mountains. We will return to the hotel and the afternoon is free to visit other temples in Chiang Mai, to explore on your own, or relax by the hotel pool. In the evening, feel free to visit the famous Chiang Mai night market.



Included:

- ❖ 7:30- 8:30am Qigong and Yoga
- ❖ 8:30-9:30am Breakfast Prayer
- ❖ 10am Trip to *Wat Prathat Doi Suthep*

Not Included:

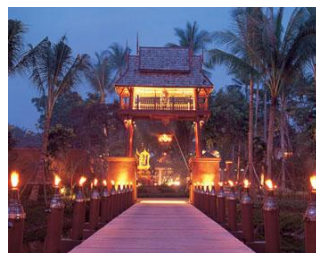
- ❖ *Lunch on your own*
- ❖ *Dinner on your own at hotel restaurant or nearby restaurant*

Jan 21st Day8



Qigong will be practiced in the afternoon, as we must be ready by 8am to be transferred to Chiang Mai airport to fly non-stop 2½ hrs to Koh Samui in the Gulf of Thailand. This is an island of natural beauty and charm, with beautiful white sand beaches, clean, clear warm water, lush tropical gardens, and gentle

ocean breezes. Here you can have your holiday anyway you like it—kicked back and relaxed or active and fast-paced. If you love the beach, this is the place for you! For the purists, the month of January in Thailand is the ideal tropical island weather experience. We will stay at the *Anantara Resort*. *Anantara* is Sanskrit for "the flow of water without borders." Nestled on a quiet stretch of sand and the glittering waters of the Gulf of Thailand, Anantara Koh Samui offers an experience that combines island magic, Thai charm, and Anantara style. We will arrive around 1pm and will have the afternoon to enjoy the hotel and the beach. At 4:30pm, we will enjoy Qigong on the beach. In the evening, you are free to dine at the hotel or stroll down the beach to one of the many restaurants on Bo Phut.



Included:

- ❖ 7-8am Breakfast
- ❖ 8am Fly to Koh Samui Island

Not Included:

- ❖ *Lunch on your own*
- ❖ *6pm no host cocktail hour at hotel poolside lounge*
- ❖ *Dinner on your own at hotel restaurant or nearby restaurant*

Jan 22nd Day 9

After morning Qigong and Yoga, we will have time to visit the spa or relax on the beach. At the west end of Bophut is perhaps one of the oldest places on the island—Fisherman's Village. The nostalgic wooden houses and small local shops here remind one of days gone by in Samui. The "main street" along the beach is rich in style and a variety of shops, from the oldest local shop selling anything and nothing, to the most elegant restaurant. At 4pm, we will visit Wat Phra Yai and Big Buddha. This temple is the home of Koh Samui's most popular attraction. The Big Buddha sits 15 meters tall and is visible from several kilometers away and even from the air when arriving on or leaving the island. Visitors come to marvel at the sheer size and beauty of this remarkable statue. At the base of the structure there are souvenir shops.



Included:

- ❖ 7:30-8:30am Qigong and Yoga
- ❖ 8:30-9:30am Breakfast

Not Included:

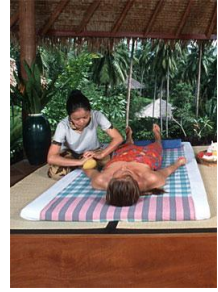
- ❖ *Lunch on your own*
- ❖ *Dinner on your own at hotel restaurant or nearby restaurant*

Jan 23rd Day10

We will offer an optional day-long snorkel trip 8:30am-4:30pm to Koh Tao island. One hour and a half by high speed catamaran thru the Gulf of Thailand, Koh Tao is ideal for diving and snorkeling. Visitors define this island as nothing but the "Must-Go" island. Koh Tao translates as "Turtle Island," as sea turtles are abundant on its shores. The island has excellent coral reefs for snorkeling or diving right off the beach. Others may prefer to enjoy the beautiful hotel and beach, catch up on some shopping or spa treatments, and explore Koh Samui on your own.



Massage has a long history of therapeutic healing in Thailand. It has been practiced for centuries as it still is today. Tamarind Springs is one of the most unique day spas, set in a hillside coconut grove. Their traditional massage pavilion is a huge breezy wood and thatch structure—an open “sala,” suspended above the surrounding coconut grove. Lie back and be lulled by the sound of the wind sighing through the trees as you receive your massage.



Whatever your activity for the day, prepare yourself for a culinary treat as we will have our farewell dinner on the beach that evening.

Included:

- ❖ 7-8am Breakfast
- ❖ 8:30am Optional Snorkel Trip
- ❖ Farewell Dinner

Not Included:

- ❖ *Lunch on your own*
- ❖ *Optional snorkel trip*
- ❖ *Optional spa treatment*

Jan 24th Day 11

This is our final day in Thailand. After morning Qigong and Yoga, we will have time to enjoy the beauty and tranquility of Bo Phut beach, catch up on last minute shopping at Fisherman's Village, or enjoy spa treatments. We will check out of the hotel after lunch and be transferred to the airport at 1pm for our 3:30pm flight to Bangkok, where we will connect with Cathay Pacific airlines back to SFO.

Included:

- ❖ 7:30-8:30am Qigong and Yoga

Not Included:

- ❖ *Lunch on your own*



This Trip Includes:

Daily Qigong and Yoga with Lori
9 Nights Hotels with Daily Breakfast
Dinners in Bangkok, Chiang Mai, and Koh Samui
All airport transfers and tours within Thailand
Tour to Grand Palace and Wat Po
Tour to the famous Railroad Market
Elephant Trekking excursion in Chiangmai
Doi Suthep Temple Tour
Big Buddha Tour in Koh Samui
Domestic flights in Thailand
\$2998.00

**Tour Services Provided by Spirit Tours

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