



Thailand Study Abroad

Travel Itinerary & Pricing

11 nights in the majestic city of Chiang Mai in Northern Thailand

Spend 11 nights at a wonderful family-owned guest house in the heart of Chiang Mai with a made-to-order breakfast each morning. Each student gets their own bedroom and bathroom (companions share a room). All activities listed in itinerary are included in your tuition. Airfare not included.

Day 1: arrival day! We will pick you up from the airport and get you settled into the guesthouse.

Day 2: Say goodbye to jet lag with a Thai massage at a spa, followed by a dinner cruise on a private boat in the evening.

Day 3 & 4: Pha Khaw Ma class at ITM Massage School

Day 5: Guided half-day trip to Chiang Mai's most important temple overlooking the mountain to learn about temple culture and Buddhism.

Day 6: Herbal Hot Compress Course 9a-3p (No CEs) at OmSala school. We will learn how to make and use herbal hot compress balls in a one-day herbal massage class.

Day 7: Thai Cooking Class! Spend the day exploring Thai markets then head out of the city to an organic farm where we will cook and eat several Thai dishes. SO DELICIOUS!

Day 8: Adventure Day! Hike in a national park, visit a hill tribe village, visit and feed the sister elephants and go to a waterfall and hot springs!

Day 9: FREE DAY

Day 10-11: Advanced course at ITM- Using Knees and Elbows in Thai Massage (13 CEs)

Day 12: Farewell!

Cost: \$1989 - for Living Sabai Students who have met requirements including successfully completing 3-Day Intensive and Weekend Immersion.

Companion: \$775 - Someone who will share a room with you but not take the 3 massage courses. They will join for all the other excursions including the spa treatment and group dinner.

What's included: 11 nights lodging at a wonderful guest house in the heart of Chiang Mai. Your own room with private bathroom and AC (unless shared with a companion). Wonderful breakfast each morning. All above mentioned activities. Lunch provided for the 2 weekend massage courses at ITM. Transport to and from all activities not in walking distance.

What's not included: Airfare, dinner (except for one group dinner), some lunches, and spending \$\$ for massages and souvenirs etc.

**you do not get to choose which dates you get to go on. Date assignments will be announce on June 4th. If you have a strong cohort preference you can list it in your application but it is not guaranteed.

Everyone must submit an application (students and companions)

Students must complete entire application including essay questions and letter of recommendation; Companions complete basic application only.

Students must submit a \$500 deposit / companions \$250

deposits are non-refundable and non-transferable

****please note: we do not accept money orders****

If your application is not accepted we will return your deposit immediately.

Send deposit via Zelle: info@livingsabai.com

OR

mail to: Living Sabai 70 Woodfin Place, Suite 403 Asheville, NC 28801

we strongly encourage sending Priority with tracking

