

Everyone must submit an application (students and companions)

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

Mail deposit and completed application to

Living Sabai

62 Longview Rd

Asheville, NC 28806

The itinerary...

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

Everything listed is included in your tuition. Also included is 11 nights at a wonderful family owned guest house in the heart of Chiang Mai with a made to order breakfast each morning. Every student gets their own bedroom and bathroom. Airfare is not included.

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

Day 2 Friday Receive a Thai massage at a spa!! (goodbye jet lag!) Then a dinner cruise on a private boat in the evening.

Day 3 & 4 Sat and Sun 8:30am-5:30pm each day- Lanna Thai Advanced Stretching class at ITM Massage School (12 CEs)

Day 5 Monday- Half day trip to the temple on the mountain. We will join a tour guide as we climb (by car) the mountain overlooking the city of Chiang Mai and explore Chiang Mai's most important temple. We will learn about temple culture and Buddhism.

Day 6 Tuesday 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. This will give you time to purchase some herbs in Chiang Mai and ship back to the USA.

Day 7 Wednesday- Thai Cooking Class- spend the day exploring Thai markets then heading out of the city to an organic farm where we will cook and eat several Thai dishes. SO. MUCH. FUN.

Day 8 Thursday- Adventure day! Heading into the national park to hike, visit a hill tribe village, bathe and feed elephants and take a bamboo raft down a river. SO MUCH FUN!

Day 9 Friday- FREE DAY-

Day 10-11 Sat-Sun 9:30a-5:30p each day: Advanced course at ITM- Using Knees and Elbows in Thai Massage (13 CEs)

Day 12 Feb 3 Monday- Farewell!

Cost: \$1849 for Living Sabai Students who have met requirements including successfully completing 3 Day Intensive and Weekend Immersion.

Companion: \$659 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.

Everyone gets their own room with private bathroom and AC (unless you are bringing 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

spending \$\$ for massages and souvenirs etc.