

Day 7 (Fri 11/11) - Travel to Kui Buri

- Airport transfer to Ruam Tai village in Kui Buri (included in \$420 price or if you'd like to arrange your own travel to the village and back to airport, cost would be \$333)
- Introduction to Bring the Elephant Home and human-elephant coexistence
- See elephants roam free during a safari in Kui Buri National Park
- Sunset breath work, meditation & restorative yoga
- Buffet style dinner + campfire along with stories from local people about living with elephants. Chance to see and/or hear wild elephants.

<https://bring-the-elephant-home.org/project/the-tom-yum-project/>





Day 8 (Sat 11/12) - National Park Safari

- Sunrise meditation & breathwork at Samrong sub-station
- Breakfast at sunrise spot
- Visit Bring the Elephant Home's [Tom Yum Project!!](#)
 - Community work - weeding and spreading organic fertilizer in an alternative crop plot with local farmers
- Picnic lunch with farmers at the plot
- Tie-dye activity and make elephant dung paper
- Candle or lip balm making workshop with the women of the Tom Yum Project
- Sunset breath work meditation & restorative yoga

Day 9 (Sun 11/13) - Idyllic Cave in Sam Roi Yot National Park

- Check out of guest house
- Early morning meditation at the cave (45 minutes away from where we are staying)
- Beach visit & option to rent paddle boards

***At this point you can extend your visit to stay one night at Sam Roi Yot Beach exploring [this non-touristy beach](#).

***Airport transfer to Bangkok airport is included. This will be a 3hr45min journey. If you travel with someone from the retreat, you can share the cost of the transfer.





What's NOT included:

- Traveler's insurance (mandatory). Suggested insurance [allianz travel insurance](#) or [World Nomads](#)
- Flights
 - Best to purchase flight to BKK leaving on Thursday November 3rd (if possible to leave Wednesday to shake off some jet lag, even better) and purchase additional flight to Chiang Mai. From Bangkok to Chiang Mai it is generally less than \$70 USD round trip. 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
- Hotel on the last night of the extension at Sam Roi Yot beach

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

Bio

[Franci Blanco - Yoga & Meditation Teacher/Happy Hearts Yoga Project Founder](#)



After visiting Thailand 2 different times for a month at a time, I almost moved to Chiang Mai in 2019. I didn't end up moving because of the global pandemic, but I am excited to share the beauty of Chiang Mai and its rich culture and history with you!



Investment and Registration Information

\$350 deposit due by Sept 16

- DOES include airport pickup with Franci as well as hotel stay

Balance due by November 5th. Flexibility on schedule for payment is possible if needed.

Checks payable to "Happy Hearts Yoga, llc"

PayPal accepted, with an additional 3% added to price.

<https://www.paypal.me/happyheartsyoga>