

# Buddhist Life Style Meditation

PERIOD: October 4-11, 2006



CST 2062488-40

<b>1st</b>	<b>Wed</b>	<b>4-Oct</b>	Departure from LAX to Bangkok, Thailand.	
<b>2nd</b>	<b>Thu</b>	<b>5-Oct</b>	Arrive and meet your personal guide and transfer to the hotel	Overnight Accommodation at the hotel(3 stars).
<b>3rd</b>	<b>Fri</b>	<b>6-Oct</b>	American Breakfast at the hotel. Morning at leisure.	
			<b><u>Temple Tour and Thai Massage (10.00 am. - 2.00pm.) at Wat Pho</u></b>	
			Learn Thai Massage at Wat Pho, the most famous temple that provide Thai Massage Classes and get 1 hour massage.	
			<b>Late lunch at local resturant, along Chaw Praya River(2.00 - 3.00 pm.)</b>	Overnight at the hotel(3 stars) in Bangkok.
<b>4th</b>	<b>Sat</b>	<b>7-Oct</b>	American Breakfast at the hotel. Tranfer to airport then depart to Surat Thanee Airport/transfer to Suanmokkh Forest Temple.	
			<b><u>Suanmokkh Forest Temple</u></b> One of the most famous temple, provide meditation classes for Foreigner.	
			This temple set in a forest, found by Thailand's most famous monk, Ajarn Bhikkhu Buddhathad.	
			His writing (both English and Thai) made him the most wildly read scholar on the subject in the west.	
			Lunch at Suanmokkh Forest Temple.	Overnight Accommodation at the forest temple.(no airconditioning)
<b>5th</b>	<b>Sun</b>	<b>8-Oct</b>	Breakfast at Suanmokkh Forest Temple.	
			<b><u>Study spiritual by The truth from Buddha</u></b>	
			learn the truth of life in Buddhist style; inpermanant, painful, and unexistence. Learn about spiritual and how to handle lives.	
			Lunch at Suanmokkh Forest Temple.	Visit Suanmokkh library. Learn meditation and Yoga.
			Overnight Accommodation at the forest temple.(no airconditioning)	
<b>6th</b>	<b>Mon</b>	<b>9-Oct</b>	Breakfast at Suanmokkh Forest Temple.	
			<b><u>Study Hapiness and Hunger</u></b> Learn the various mind stages and how to lead your spiritual.	
			Lunch at Suanmokkh Forest Temple.	Climb to the top of mountain and see the ocean view.
			Overnight Accommodation at the forest temple.(no airconditioning)	
<b>7th</b>	<b>Tue</b>	<b>10-Oct</b>	Breakfast at Suanmokkh Forest Temple.	
			<b><u>Study about Spiritual Disease</u></b> Know "The prison of life" (Attachment: I and mine)/Expectation and breaking out.	
			Lunch at Suanmokkh Forest Temple.	Play hot spring in the temple. Learn meditation.
			Overnight Accommodation at the forest temple.(no airconditioning)	
<b>8th</b>	<b>Wed</b>	<b>11-Oct</b>	Breakfast at Suanmokkh Forest Temple.	
			<b><u>Bye Suanmokkh Forest Temple</u></b> Morning at leisure. See Thai silk and the beach at Punpin district.	
			Lunch at the local resturant close by the beach.	Transfer from Surat Thanee to Bangkok Airport.
			Connection flight from Bangkok to USA.	Arrive in USA

Price includes: International Airfare (LAX-Bangkok-LAX), Hotel & Temple accommodation, transfer, tour, Domestic air ticket, Meals as shown

Price excludes: Airlines taxes and fuel surcharge, Personal expenses, Travel insurance, Airport Tax, Tip to driver and tour guide. Single Supplement at \$55 per person, and Visa.

Price per person: **US\$984** (based double occupancy)

Price valids until: **20-Aug-06**



Payment: Deposit \$100 per person at the time of booking (The deposit is non-refundable)

Full payment for airfare based on airline due date

Final payment due 45 days before departure date

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