

INTO THE HEART OF thailand

RETREAT, RELAX, AND AWAKEN with TERRY PATTEN!
COME SOAK IN THAI CULTURE AND TRADITION
REDISCOVER THE GRACE OF YOUR NATURAL STATE

February 13–23, 2017. \$3200

(\$600 non-refundable deposit due at registration)

Cost covers accommodation, most meals, entry into parks, in-country travel and Terry's teaching; does not include airfare, alcohol, and personal purchases. Some of the proceeds from this trip will be donated to support local Thai schools.

This **10-day** journey includes:

2 days in Chiang Mai and Chiang Dow with visits to the Old City, caves, temples. Here we will learn about Thai language, customs, and culture.

4 days in Tak province spending time and practicing yoga and creative writing with our local Thai community at waterfalls, temples, and on the riverfront. Here you will stay with **HOST FAMILIES** for two nights, truly immersing in Thai culture. We will also visit Sukhothai Historical Park.

3 days staying in cabins at a forest retreat in Lampang Province, with hot springs, Thai massages, and waterfalls! We will visit local villages and Thai forest temples. Daily practices of meditation, yoga, and reflective inquiry.

LAST DAY in the city of Chiang Mai eating and shopping at local markets

CONTACT MICHAEL SAPIRO FOR INFORMATION AND TO RESERVE YOUR SPACE. mpsapir@yahoo.com 503-962-9025



Terry Patten is co-creator and co-author, with Ken Wilber, of *Integral Life Practice*. He hosts the influential teleseminar series *Beyond Awakening*, conducting leading-edge conversations with many of the world's renowned thinkers and teachers. Terry also authored influential teachings on Integral Spiritual Practice, the Integral Heart, Integral Soul Work, spiritual activism and awakened mutuality. His new book, *The Awakening Activist*, will be released by North Atlantic Books in Spring 2017.



Valerie Beltran, MA, is a Marriage & Family Therapist intern. She is the Head of Operations of Consciousness Hacking. As a former traveler on this very retreat, she has been invited by Michael and E to be a co-organizer for this trip.



Michael Sapiro, PsyD, and Sararak Sapiro are your hosts and guides. Michael is a psychologist, meditation teacher and former Buddhist monk. Sararak is a Thai chef who grew up in a small rural village in Thailand.