

YOGA RETREAT

Yoga, Meditation, Mindfulness

In a Luxury Homestay in CHIANG MAI

Exploring traditional and rural Thailand

The yoga retreats are designed for those who need a change of environment, some exercise and an escape from the stresses of everyday life.

For those that want to stay in shape but aren't yoga fanatics.

You will have all the comforts of a five-star high-end hotel but you won't feel like you are just one of the customers in a hotel setting because your hosts will be taking care of you as if you were part of the family. The resort has incredible character and charm which is nestled in lush trees and flowers with a beautiful swimming pool and grounds.

In addition to the teacher program, the stay is with optimum wellness including massages, herbal steam, swimming, and a discovery of Thailand culture, with a rich program giving the chance to be in contact with monks and locals but also with nature.

HIGHLIGHTS FOR A RESTORATIVE STAY

EXERCISE

- Yoga, swimming



- in an enchanted swimming pool, only for the 6 rooms of the homestay



- Trekking with elephants in the middle of the jungle
- We will take you to a place where the elephants are free and happy. There is only one group maximum 10 people a day visiting the elephants, there is no riding but caring and taking them to a waterfall.
- Going there, you will help also karen people living in the mountains



WELLNESS

**Distress with Thai massage and Spa
Experience Herbal steam in a temple
And relax by the swimming pool**



Eat healthy Thai food

Thai food is known for being delicious, but did you know that authentic Thai dishes can also be super healthy? This cuisine contains a number of 'super foods' and spices that work together to give your immune system a boost, fight inflammation, speed up your metabolism, and help to create a healthier you!

We will use with no moderation all the ingredients such as

- turmeric, Galangal, ginger, lemon grass, lime, garlic, coconut milk.

And cook for your delicious and various dishes.



DISCOVER THE TRADITION AND RURAL THAILAND

Visit the mountains with its waterfalls, lanna wooden houses, coffee plantations, temples.



Be in contact with monks, to learn about the local traditions





Visit handicrafts workshops and Night bazaar Market in Chiang Mai



YOUR ACCOMODATION

The Taladya Homestay offers you the warm hospitality of luxury accommodation. The six rooms reflect a contemporary Northern Thai design and decor with the emphasis on comfort. You will also find special touches, such as local celadon tea set, Thai silk pillows, bed runners, and artworks, giving rooms a distinctive Chiang Mai personality and charm. You will be welcomed by a French family from Bordeaux, in love with Thailand.



WHY CHIANG MAI

The location is presenting many factors to revitalize you
First the peaceful homestay is in a rural area surrounded by temples and rice fields but not too far from Chiang Mai city, about 30 minutes;
Then; wellness is part of Thai Culture, with massages, healthy food and relax attitude.



YOUR ROOM

The homestay has 6 rooms;
2 DOUBLE ROOM with 2 Twin beds
2 SUITE DE LUXE with king size bed
2 TWIN OR FAMILY ROOM with 2 queen beds
With the confort of a 5 star hotel



WHAT IS INCLUDED?

All the homestay will be private for your retreat

3 places are available for the Yoga and Meditation lessons with equipments, Yoga mats, blocks, pillows, blankets, candles



2 Airport transfers

Each guest will have during his stay

1 thai massages 2 hours

1 Herbal Steam ; should only give donation to the temple at your good will

Thai Vegetarian food

Everyday;

Early fresh juice before Yoga

Snacks available from 9 am to 12 am (including fruits; yogourts, muesli; vegetarian club sandwich, local wild honey; etc)

Brunch

all Dinners

but one when visit of Chiang mai

All transportations
to the Celadon workshop
to the Umbrella Bosang Village
to Chiang Mai for the flower market and Night bazaar market
to the jungle trekking with elephants
to the temple for the herbal steam
to the temple to assist chanting
To the mountains to visit villages, temple and waterfalls

Free wifi
Free cable TV
Free use of the swimming pool with Jacuzzi
In each room, kettle and tea pot with instant coffee and Thai green tea bags

LEARNING BUDDHIST RITUALS AND VISITING TEMPLES

During your stay, you will have many times the chance to meet monks, they will be available and open to communicate with you because they have very few visits from foreigners.

Rituals are a form of language that expresses many dimensions of our human condition, including our relationships to others and to our spiritual life.

- The Tak Bat is a merit made by giving food to monks on their alms, they will present on Saturday early morning before our gate
- Visit the monks of our neighbourhood
- Chanting and praying with the monks in the temple on the night ceremony
- Having herbal steam in a temple

Everyone will do as its own feelings, in assisting, or acting.

TREKKING WITH ELEPHANTS

This excursion will take all day, as the place is in the middle of the jungle, maximum 10 people for the full day will see the elephants, no riding but a trek to take them to a waterfall where you can swim with them. You will be also in contact with Karen tribe people, their origin is from Burma, they are Christians and live mostly in the mountains.

HANDICRAFTS TOUR

TALADYA HOMESTAY is very close to many handicrafts workshops, such as pottery, silk, umbrella paper making.

VISIT IN THE MOUNTAINS

You will take a half day to go to the forest by about 40 minutes from TALADYA, you will see a beautiful temple lost in the jungle, a waterfalls with nobody but us. Visit a Lanna village with wooden houses, where people live of coffee plantations.

NIGHT BAZAAR MARKET

One night, the van will take you to Chiang Mai to spend the evening on the Night Bazaar Market, which is very popular and should be visited. It is the only day; you will have to pay your dinner in order to have fun enjoying the street food.

LOCAL FOOD MARKET

On Monday evening, there is a local market just next to the homestay, where peasants take their own products, vegetable, fruits, fish, crabs, insects, rice, street food, sausages and so.... 5 minutes walk to get a complete immersion in the Thai rural life, where people will smile at you.

THE FOOD

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WHAT IS NOT INCLUDED

One night Dinner

The day of arrival meals before the check in time 14 pm

The day of departure meals after the check out time 11 am.

Laundry

SPA TREATMENTS

Extra Thai massage 2 HOURS is 950 Baths

Extra Herbal Thai Massage 2 HOURS 1250 Baths

Aromatherapy hot oil massage 1H30 1500 bahts

Extra drinks except coffee , tea, drinking water;