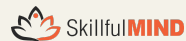


Inner Growth · Thailand

Seven Days to Transform Your Life

ARRIVE SUNDAY 15 AUGUST · MONDAY 16 – SUNDAY 22 AUGUST 2027 · MALA DHARA, CHIANG MAI

	Day 1 <i>Arrival & Welcome</i> MON 16 AUG	Day 2 <i>Know Yourself</i> TUE 17 AUG	Day 3 <i>The Power of Beliefs</i> WED 18 AUG	Day 4 <i>What Is Blocking You</i> THU 19 AUG	Day 5 <i>Your New Direction</i> FRI 20 AUG	Day 6 <i>Evolution & Alignment</i> SAT 21 AUG	Day 7 <i>Integration & Farewell</i> SUN 22 AUG
7.00 AM		Meditation the mind	Meditation emotions	Meditation thought	Meditation life	Meditation flow	Meditation dedication
7.45 AM		Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
8.30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30 AM	Welcome & Introductions Meet the group, settle in, and hear how the week will run.	Know Yourself Learn a new model of the mind — what drives you, and where your passion really lies.	The Power of Beliefs Why are some people empowered while others leave life to chance? Discover the power of beliefs & values, and how to shift yours.	What Is Blocking You Every person has only one or two core patterns holding them back. Discover these and you are on your way to massive change.	Your New Direction Released from the chains that held you back, learn to move forward in your chosen direction as powerfully as possible.	Evolution & Alignment Today we challenge you to take your next step in the evolution of your spirit, and align every part of your psychology to this new direction for inner growth.	Finishing Ceremony Craft a memento that captures all your breakthroughs — a reminder of the retreat where life changed for you.
1.00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2.00 PM	FREE AFTERNOON ♦ Rest & Settle In <i>recover from travel</i> Pool Thai Massage	CHOOSE ONE ♦ Enjoy the Moment <i>free choice</i> Coaching Thai Massage	CHOOSE ONE ♦ Sippha Hot Springs <i>mindfulness</i> Coaching Thai Massage	CHOOSE ONE ♦ Caves & Ridge Hike <i>purify obstacles</i> Coaching Thai Massage	CHOOSE ONE ♦ Enjoy the Moment <i>free choice</i> Coaching Thai Massage	CHOOSE ONE ♦ Trip to Waterfall <i>merge with spirit</i> Coaching Thai Massage	FAREWELL ♦ Goodbyes <i>safe travels home</i>
6.00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7.30 PM	Meditation introduction	Meditation mindfulness	Meditation love	Meditation impermanence	Meditation emptiness	Sound Healing special event	



Times are a gentle guide — flow with each day and trust the journey

Herbal steam & fire body scrub nights, ice baths in the paddies, the saltwater pool and the bicycles are yours through the week