

Journey to Thailand: A Thai Yoga Massage & Cultural Adventure February 6-22, 2014



Join Eric Spivack, Registered Thai Yoga Massage Instructor,
Nationally Certified Massage Therapist, Acupuncturist and Viniyoga teacher for
17 wonderful days of travel, culture, cuisine, and study in Thailand including:

- * 10 days (70 hrs) of continuing education & Rasidaton (Thai Stretching) w/ optional 1-day Herbal Compression
 - * Tours of historic temples, palaces, and ancient ruins
 - * Choice of Thai cooking class or visiting a Hmong hilltribe village
 - * Lunch and dinner cruises on the Chao Praya River
 - * Monk 'chat' and meditation
 - * Elephant Nature Park
 - * Night Market, food markets, and shopping
 - * Herbal steam baths, bicycling, and exploring

On this trip, you will experience a variety of Thailand's geography, as well as its history, culture, people and food. The Thai Yoga Massage course will be taught by one of my teachers, Homprang Chaleekanha, who is a Doctor of Traditional Medicine, Thai Massage Teacher, Herbal Pharmacologist, and Traditional Midwife.

**Itinerary for Journey to Thailand:
A Thai Yoga Massage & Cultural Adventure with Eric Spivack
February 6 - 22, 2014**

Day 1 - Chao Praya River Dinner Cruise: Your first night in Thailand welcomes you with fine food and a tour of Bangkok on a 2-hour evening river cruise. Feast on Thai and international cuisine as you enjoy the scenery from along both sides of the riverbank. You'll have ample opportunity to snap photos of famous historical structures and religious monasteries such as the Royal Grand Palace, Wat Pra Kaew, Wat Arun, Bangkhunprom Palace, and Kanlayanamitr Temple.



Day 2 - Royal Grand Palace, Wat Phra Kaew, Wat Pho and Wat Arun: You will spend the day exploring these beautiful and culturally significant sites. The palace has been the official residence of the Kings of Siam since 1782. Wat Phra Kaew houses the Temple of the Emerald Buddha. Wat Pho is Thailand's most well-known temple and home to the Wat Pho Thai Massage School where you may get a Thai or foot massage. You'll then enjoy a traditional Thai lunch before taking a water taxi across the river to Wat Arun, where you may climb up and see Bangkok from another perspective. You then have free time in the evening to relax by the pool, get a Thai massage, or explore the night life. Breakfast and lunch are included.

Day 3 - Ayutthaya: You will visit the ancient city of Ayutthaya, which was the capital of Siam for 417 years and named a UNESCO World Heritage Site in 1991. Your tour begins by bus from Bangkok and passes through paddy fields, rice farms and the countryside. You'll stop at Bang Pa-In Royal Palace which was built in 1632 and explore the many ruins of Thailand's past temples, including 600 year-old Wat Mahathat, the most important temple in southern Thailand. You'll then take an afternoon boat cruise back to Bangkok, where you'll observe the Thai traditional way of life on both sides of the Chao Phraya river. The cruise includes a buffet lunch of Thai and western cuisine. You have free time in the evening. Breakfast and lunch are included.



Days 4-9 & 11-15 - Thai Massage Course: You'll fly 1 hour from Bangkok to Chiang Mai and arrive at Baan Hom Samunphrai, a Traditional Thai Massage School and Herbal Medicine Center. Before dinner, you may have a steam bath or walk around the gardens. Your ten days here begin with a 1-hour Rasidaton exercise routine followed a full day of study (70 hours continuing education hours) with master teacher Homprang Chaleekanha.

On the last day of class, you have the option of continuing your Thai Massage studies or learning to do herbal compression, which includes identifying specific herbs, picking and preparing them, making the compress and practicing massaging with them.

Some evenings will include trips into Chiang Mai for shopping at the Night Market and Sunday Walking Street Market. You'll have the option to speak with monks during MCU Buddhist University's evening 'monk chat'. Three meals per day are included, except for evenings in Chiang Mai.



Day 10 - Choice of Thai Cooking class or visit to Wat Phrathat Doi Suthep/Hmong hilltribe village: After completing 10 days of Thai Massage study, we will take a break. You have the option of either participating in a Thai cooking class or visiting Wat Phrathat Doi Suthep and a Hmong hilltribe village.

Thai Cooking class: You will spend the day learning to create (and eat!) delicious Thai cuisine at Chiang Mai's oldest Thai cooking school. You'll start with a tour of a local food market followed by learning to make tasty Thai vegetarian and non-vegetarian dishes such as Phad Thai, papaya salad, curry chicken, sweet and sour vegetables, and steamed banana cake! The course includes your own recipe book.

Wat Phrathat Doi Suthep/Hmong hilltribe village: Built in 1383, this famous temple is located at the top of a mountain just outside Chiang Mai. You may choose to climb the 309 steps or take the tram to the top where you will be treated to views of Chiang Mai and a deep connection to Thailand's past.



You will then visit a Hmong hilltribe village that is perched on a hillside with windy stone alleys and stairs, cafes, handicraft shops, and colorful gardens. You have free time in the evening. Breakfast and lunch are included.



elephants in the lush Mae Taeng Valley of Northern Thailand. You will witness elephants as they should be seen: living their lives peacefully, frolicking when the moment strikes them, and trumpeting to one another throughout the day and night. Elephants are allowed to roam unfettered, eating and playing as much as they like along the way. You will have the opportunity to learn about elephant behavior, observe them in nature, feed, bathe and walk with them. Lunch is included.



Day 16 - Elephant Nature Park: This is eco-tourism at its best. You will spend one day at this unique sanctuary for rescued



Day 17 - Return to Bangkok: After a relaxing breakfast, you'll fly from Chiang Mai to Bangkok where you may return home or continue on with your travels.

Accommodations and Meals*: Bangkok. You'll spend 3 nights at a modern 4-star boutique hotel in the heart of this vibrant city. Amenities include a Thai spa, swimming pool, fitness center, restaurant, A/C and free Wi-Fi. Each morning, you'll be treated to a buffet breakfast of Thai and western cuisine. Vegetarian options are available. **Accommodations:** Single or double, each with private bath/shower.

Chiang Mai. You'll spend a total of 13 nights at an herbal retreat center located 20 minutes from Chiang Mai. Surrounded by beautiful gardens, this center offers traditional, open-style Thai farm houses which have been screened and converted into living space. Amenities include herbal steam baths, soaking pool, meditation space, free use of bicycles to visit local markets, fans in every room and free Wi-Fi. You'll be treated to an abundance of 3 fresh (often organic) home-cooked meals each day. Vegetarian options are available. **Accommodations:** Single or double, both with shared bath/shower.

* Most meals are included.

Registration Form (one per traveler)

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Eric Spivack, LMP, Dipl.Ac, RTT * 2119 17th Ave. S * Seattle, WA * 98144 * 206.726.1785

Name (as it appears on your passport) _____

Address _____ City _____

State _____ ZIP _____ Country _____ E-mail _____

Phone (home) _____ Phone (cell) _____

Passport Number _____ Exp. Date _____ Date of Birth _____ Place of Birth _____

Emergency Contact _____ Contact's E-mail _____

Contact's Phone (home) _____ Contact's Phone (cell) _____

Note: Prices include all accommodation, ground transportation, roundtrip airfare between Bangkok and Chiang Mai, course fees, temple fees, tours guides, and most meals. Starting rate is based on double-occupancy. The price does not include airfare to/from Thailand, travel insurance (required), optional activities, tips, some meals, and personal expenses.

Please check all the boxes that apply:

- ☐ \$750 non-refundable deposit* to reserve your space
- ☐ Early Registration - paid in full on or before July 15, 2013 \$ 2750 (includes \$750 deposit*)
- ☐ Late Registration - paid in full after July 15, 2013 \$ 2950 (includes \$750 deposit*)
- ☐ Single Occupancy Accommodations (please add \$300 to your total) + \$ 300
- ☐ Travel Companion - Early Registration paid in full on or before July 15, 2013 \$ 2550 (includes \$750 deposit*)
- ☐ Travel Companion - Late Registration paid in full after July 15, 2013 \$ 2750 (includes \$750 deposit*)

Total _____

Paid _____

Balance _____

Accommodations:

☐ Double Occupancy Name of Roommate _____ ☐ Find me a roommate

Methods of Payment:

- ☐ Cash, check or money order
- ☐ Online via PayPal (3% service charge added per transaction)
- ☐ Credit Card (3% service charge added per transaction)

Name on Card _____

Card # _____ Exp. _____ Code _____

Signature _____

Airline _____ Flight # _____ Arrival time in Bangkok _____

<<<<< Please provide your flight information by 12/1/2014 >>>>>

* A \$750 non-refundable deposit is required to reserve your space. If, for some reason the trip is canceled, your deposit will be refunded. Your balance must be made in full by September 1, 2013. If notice of cancellation is received within 120 days of departure and if the participant's space cannot be filled, the participant will forfeit the entire tuition. Any participant who returns home or chooses to leave the group prior to the end of the trip will not receive a refund.

Fine Print (please print, sign and send in this form)

Cost. The price of this trip includes all accommodation, ground transportation, roundtrip airfare between Bangkok and Chiang Mai, course fees, temple fees, guide fees, and most meals from 6pm on February 6, 2014 through noon February 22, 2014. Starting cost is based on double-occupancy.

The price does not include airfare to/from Thailand, travel insurance (required), optional activities, tips, some meals, and personal expenses.

Deposits. A \$750 non-refundable deposit is required to reserve your space.

Payment. The balance must be made in full by September 1, 2013.

Cancellation and Refund. If notice of cancellation is received within 120 days of departure and if the participant's space cannot be filled, the participant will forfeit the entire tuition. Any participant who returns home or chooses to leave the group prior to the end of the trip will not receive a refund.

Accommodations. In Bangkok, you have the choice of single or double accommodation with private bath/shower. In Chiang Mai, you have the choice of single or double accommodation with shared bath/shower.

Travel Documents. You need a valid passport from the country in which you reside, and the passport must be valid for at least six months beyond the date of your entry into Thailand. If you plan to stay more than 30 days in Thailand, you will need to contact a Thai Embassy for a visa.

Travel Insurance. Proof of travel insurance is required.

Prerequisite. The prerequisite for attending the 10-day Thai Yoga Massage course is successful completion of Eric Spivack's Introduction to Thai Yoga Massage - Level 1 workshop.

Cancelled Trip. Eric Spivack, LMP/Dipl.Ac, Inc. and Soaring Crane Massage & Acupuncture reserve the right to cancel the trip if there are insufficient registrations, and the trip is not economically feasible. A full refund will be granted for cancelled trips, except for other costs incurred by members preparing for the trip.

Foreign Travel Waiver and Release from Liability. I understand that due to the nature of the destinations to which we are going, and the long lead times required to organize such travel, situations such as the following can and might occur: changes in the trip leader assignments; changes in the sequence or timing of the itinerary; and/or changes in accommodations or transport. I understand further that due to the above stated reasons, strict adherence to any itinerary that has been provided cannot be guaranteed.

I undertake this international travel and participation in this trip as a voluntary act of educational growth and learning, knowing that Eric Spivack, LMP/Dipl.Ac. Inc. and Soaring Crane Massage & Acupuncture, its Trustees, Officers, faculty, employees, representatives, agents, or anyone accompanying this trip, or their heirs or estates (collectively referred to hereinafter as "Eric Spivack"), cannot protect me from risks which may be encountered during this opportunity. I realize there are natural, mechanical, and environmental conditions and hazards which independently or in combination with my activities may cause a serious accident resulting in death, injury, personal property loss, health conditions or financial expenses as a result of accident, illness, medical care, political upheaval, terrorism, crime, transportation, or other sources of risks.

I understand this may include, but may not be limited to, traveling to and from other countries, traveling to and from cities and towns outside the United States of America, consuming the food and living in those accommodations available in the foreign country(ies) to which I travel, and living and working in cultures and with people whose living conditions, social practices and values, and even attitudes toward foreigners may be significantly different from those in my home country and culture.

I hereby state that I am an adult under state law and I understand these inherent risks and dangers involved with participation in this trip and its associated activities, and acknowledge the existence of risks which are not obvious or predictable, and hereby intend this release to extend to injury or loss which results from both obvious or predictable risks, as well as risks that are unpredictable and not obvious.

In exchange for being permitted to participate in this foreign travel program, I agree to the following:

I, voluntarily and without reservation, and realizing the full legal significance of my action, hereby waive, renounce and release, on behalf of myself, my heirs and my estate, all claims of whatever nature against Eric Spivack including, but not limited to, claims of any injury, loss, damage, accident, delay, irregularity or expense caused by strikes, war, weather, sickness, quarantine, government restrictions, or arising from any act or omission of any steamship, airline, railroad, bus company, hotel, restaurant, school, firm, agency or individual, or for any other cause whatsoever arising out of, resulting from or in connection with the above-referred travel.

Further, I accept personal responsibility for any injury (including, but not limited to, personal injury, disability, dismemberment and death), illness, damage, loss, claim, liability or expense, of any kind or nature that I or my property may suffer, and agree to release Eric Spivack from any liability arising from any such risks.

I assume all risks associated with my participation in this trip including, without limitation, the risk of any negligence or recklessness or failure to act, by other participants or others, and the risk of injury caused by the condition of any property, facilities or equipment used during the trip, and I agree to waive, renounce, and release, on behalf of myself, my heirs and my estate, my claim against Eric Spivack alleged to be caused by such negligent or reckless actions, or failure to act, or the condition of any property, facilities or equipment used during the travel program.

Eric Spivack is acting in an agency capacity in making travel arrangements and affirm that neither Eric Spivack nor any of its agents, officers, directors, employees, successors, assigns, and associates has any responsibility or liability arising from failure on the part of any contractors, including transportation companies, retained by Eric Spivack in connection with this trip to perform their contracts of carriage except for reimbursement for ground services contracted for, but not provided due to error or omission on the part of Eric Spivack or any of their contractors.

I am in good health, have no physical conditions that affect my ability to travel and/or participate in any of the activities involved in this trip, and have not been advised otherwise by a medical practitioner. Eric Spivack is in no way responsible for any costs or medical care.

This waiver is a legally binding agreement and will be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. Any provisions found to be void or unenforceable shall not affect the validity or enforceability of any other provisions.

I have read this document and I understand its content. I am aware that this is a release of liability and a contract between me and Eric Spivack, and sign it of my own free will on behalf of myself and my heirs. By signing this document, it is my intent to release, waive, and indemnify all of the Released Parties from all liability connected with my participation in the trip and to personally assume all risk of injury or death, I also acknowledge that I have carefully read the above information, including the section on cancellations and refunds and agree to all stated conditions therein.

Signature of Participant

Date

Print Name of Participant

Other Travel Information

Arriving in Thailand

In order to maximize the benefits of this trip, you need to book a flight that arrives at the Suvarnabhumi Airport in Bangkok (BKK) **no later than 2pm on February 6, 2014**. If we all schedule similar arrival times, then it will be easier to get to our hotel on time. Ground transportation to/from the Suvarnabhumi Airport is included. A taxi ride to the hotel takes about 90 minutes. Upon arrival at the hotel, you may relax by the pool before our evening dinner cruise at 6pm.

Leaving Thailand

The journey ends upon arrival at the Suvarnabhumi Airport in Bangkok on February 22, 2014. **Expect to arrive at the airport around 4pm**. Many people choose to extend their time in Thailand or visit other countries, and the Bangkok airport is a convenient hub for international travel.

Discount airfare may be found at these websites:

- * tripadvisor.com
- * orbitz.com
- * kayak.com
- * travelzoo.com

Travel insurance may be found at these websites:

- * worldnomads.com
- * squaremouth.com