

# 6 DAYS MEDITATION HOLIDAYS IN SUKHOTHAI

**18 - 23 July 2019**

World Peace Initiative Foundation and Mind Stories Team would like to welcome you to the 6-day relaxing yet insightful meditation retreat of its kind. This retreat is designed for those who are interested in deepening meditation experience, developing mindful habits, conversing with a Teaching Monk and mentors, exploring the ancient Buddhist philosophies (such as Law of Karma, impermanence, and Noble 8-fold Path) and enjoying the rich cultural elements of Thai history, architecture, and people in Sukhothai. Our goal is to bring you on an eye-opening journey from insight knowledge and holistic experiences to cultivate true peace, ultimate happiness, and inner wisdom. The technique used for our meditation and mindfulness practice is called “Center of the Body” technique (or Center of Gravity) which is the place where our body and mind can be in balance. During the retreat, the Teaching Monk will guide you through 7 bases of the mind until you gently reach the Center of the Body where the mind can become more powerful. This technique has been taught 2500 years ago since the Buddha’s time.

## HIGHLIGHTS

- Guided Meditation Sessions
- Mindfulness in practice
- Buddhist Wisdom (Law of Karma)
- Meditation Clinic with a Teaching Monk
- Private talks with well-trained mentors
- Organic Tea Detoxification
- 5 nights accommodation
- Alms-giving on the bridge
- Sukhothai Historical Park (a UNESCO World Heritage Site)



### ***Meditation Clinic***

The retreat offers a unique opportunity to talk with a monk whom you can ask any questions, doubts, or concerns you have in life and learn how a Buddhist monk uses Buddhist philosophy to deal with daily problems in today's fast-changing and unpredictable environment.

## **TOPICS of the 6-day life-changing program**

### **The myth of body and mind**

Understand the nature of the mind and scientific benefits of being present

### **Getting to know your intuition**

Develop a high-resolution awareness of your thoughts, emotions, and habits

### **Designing your own karma**

Understand what you need to do and to avoid in order to become the master of your destiny

### **The art of forgiveness**

Tips to forgive yourself and forget all past mistakes with the power of loving kindness

### **The rise and fall of EGO**

Understand the nature of human's ego and learn why the practice of non-self will help you reach the true self.

### **Simplicity amidst the complexity**

Definition of simplicity what will change the way you reconnect with your consciousness in the middle of a life storm

### **The purpose of life**

Answers to life-long questions such as “why were we born to the world?” and “what is the purpose of life?”.

### **Steps towards enlightenment**

Learn to walk the path that will help you purify the body and the mind until reaching the ultimate goal of meditation

## **VENUE**

### **Sriwilai Sukhothai**

Sriwilai Sukhothai was built on top of virgin land overlooking the endless rice fields and natural landscape of countryside Thailand. Its conception began with the notion of, bringing to life, the Prosperity-Serenity-Romance the Sukhothai – Lanna era praised upon. The hotel design expresses prosperity through the resorts nostalgic architecture reflecting the Sukhothai – Lanna era and the archaeological site – Wat Chedi Sung. Sukhothai is the first and most prosperous era in Thai history. Back in the days, people had freedom in trade and cultural traditions. Serenity is conveyed through the resort's tranquil and serene surroundings. Romance is expressed through the design and lighting of the guest rooms, spa and swimming pool area. Sriwilai was designed with the sentiment of harmony, unifying man and nature, enabling the guests to immerse themselves in the time of kings and poets.

Sriwilai Hotel is located only 1.8 kilometers from UNESCO world heritage site, "Sukhothai Heritage Park." This location is in the center of religious and cultural activities and also a serene neighborhood of Sukhothai. Hence, visitors can ride a bike to most of the famous sites. The hotel provides you with 25 meters long infinity pool with the eco-smart system that preserves the environment and also your skin. The hotel also offers a full range of spa treatments which use all organic products and provides a free bicycle for every guest.

## INSTRUCTORS

**Venerable Phra John Paramai** commonly known as **LP John**, a world class speaker and trainer who has been guiding meditation sessions and offered thematic lectures in 50 countries for more than 30,000 participants. He also teaches online meditation sessions and Buddhism on the [Mind Stories](#) community. [Watch his video.](#)

## FOOD

During this retreat, you will be served with delicious local and international meals for breakfast and lunch. You are highly recommended not to go for dinner and enjoy the benefits of fasting. Organic Tea Detoxification will be provided for evening fast. Should your health conditions do not allow for fasting, you may order dinner from the hotel at your convenience. If you have special dietary requirements (vegetarian, vegan, halal, more), please be sure to communicate to the organiser when making a reservation.

## PRICING

### PER PERSON

Early Bird Price until 28 February 2019

- \$800 for a room with Two Twin beds, double occupancy
- \$1100 for a room with Queen Size bed, single occupancy

Normal Price

- \$900 for a room with Two Twin beds, double occupancy
- \$1200 for a room with Queen Size bed, single occupancy

## WHAT'S INCLUDED

- 5 nights accommodation
- Welcome lunch for those taking a van from WPI office
- Refreshment
- Breakfast, lunch, refreshment
- Organic Tea Detoxification
- Round-trip van transfer/ Sukhothai Airport pickup
- Teaching materials
- Yoga or Stretching class
- Meditation Clinic with a monk
- Alms-giving at Wat Traphang Thong
- Sukhothai Historical Park
- Mini Light & Sound about Sukhothai History

## WHAT'S NOT INCLUDED

- Travel & Health insurance
- Pick-up service from Suvarnabhumi Airport
- Taxis and transport took outside of the stated itinerary
- Massage and spa treatments
- Room mini bar and extra food
- Meditation cushion
- Yoga Mat
- Tips / gratitude

## DAILY SCHEDULE

<b>Time</b>	<b>Activity</b>
06.00-06.40	Loving-kindness (Metta) Meditation
06.45-07.30	Yoga/ Stretching (optional)
07.30-09.00	Healthy Breakfast
09.30-11.00	Meditation & Mindfulness in Practice
11.30-13.00	Delicious Thai Cuisine
14.00-16.00	Meditation & Karma Talk
16.30-18.00	Special Activity / Private Talk with a Monk
18.00-19.30	Refreshment or Tea Detoxification
19.30-21.00	Evening Meditation & Light Teaching