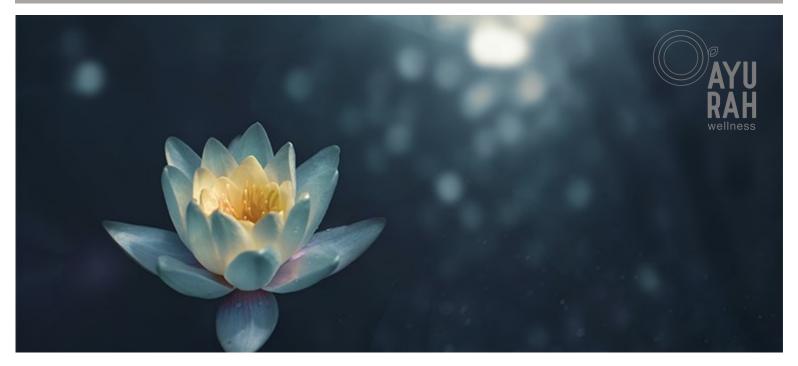
## MINDFUL VIPASSANA MEDITATION



Away from the chaos. Release the soul. Return to nature.

Happiness or 'living well' is the primary goal in human life.

One should remember that true happiness (living well) is achieved by inner peace, a serene life and as such "living well" is destined to be a primary goal in human life.

Aleenta Retreat Chiang Mai's Mindful Vipassana Meditation is a program of training the mind to improve your emotion, awareness and concentration. When we understand our mind and emotion, we are able to work with our actions and reactions in a way that leads to well-being and happiness. We design both Onsite Vipassana Meditation Practice and Offsite Vipassana Meditation Practice at Wat Ram Poeng (Tapotaram) starting from 3 nights.

## Onsite Vipassana Meditation Practice at The Reflection Sala, Aleenta Retreat Chiang Mai, includes:

- Luxury accommodation with daily healthy breakfast and lunch at The Garden restaurant.
- Meditation teaching & practicing 3-hours daily including breathing and calming exercise.
- Personalized teaching & coaching entire the program.
- Aleenta Vipassana booklet
- A daily set of local flower and incense stick to pay homage to the Buddha.
- A set of white clothes
- Start the day with alms giving (once during stay)
- Daily movement & exercise i.e. Yoga, Qi Gong, Rue Sri Dat Ton by wellness specialist (one hour a day).
- One time wellness cooking classes so that you can take your favorite recipes home.
- One time 60 minutes spa treatment (once during stay)
- Roundtrip airport transfer service

From THB 12,973 net per night for double occupancy From THB 10,537 net per night for single occupancy

## Offsite Vipassana Meditation Practice at Wat Ram Poeng (Tapotaram), includes:-

- Luxury accommodation with daily healthy breakfast and dinner at The Garden restaurant.
- Half day Vipassana Meditation Practice at Wat Ram Poeng (Tapotaram) - Northern Insight Meditation Center.
- A daily set of local flower and incense stick to pay homage to the Buddha.
- A set of white clothes
- One time offering dedicated to the monk at Wat Ram Poeng
- Daily movement & exercise i.e. Yoga, Qi Gong, Rue Sri Dat Ton by wellness specialist (one hour a day).
- Relax the day with Afternoon tea set served at Swimming pool or our Northern Thai style teak-wood restaurant, The garden. (One set during stay).
- Making your own healthy drink with chef secret recipes. (Once during stay)
- One time 60 minutes spa treatment (once during stay)
- Roundtrip transfer service to-from Hotel to Wat Ram Poeng
- Roundtrip airport transfer service

From THB 13,273 net per night for double occupancy From THB 10,587 net per night for single occupancy





## For Reservation:

E: spa.arc@aleenta.com T: +66 (0) 52 090 333 LINE: @aleenta.chiangmai Whatsapp: +66 (0)62 245 2857