

# 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:**

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