

Patanjali in Thailand

With Wendy Teasdill, 1st to 11th January, 2014

Thailand is a place of heat, of accelerated growth and transformation. For those of us born and raised on the island of Britain, surrounded by the grey north sea, the experience of Thailand can be a step into Paradise: the vigorous foliage, brilliant lotuses, exquisite fruits,



delectable food and attention to detail all delivered with the typical welcoming Thai smile can be overwhelmingly attractive.

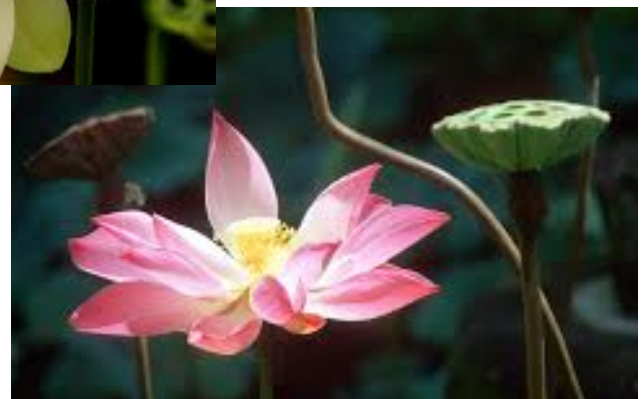
Location: Lotus Village,
Sukhothai

www.lotus-village.com



The Yoga Programme fuses Asana Pranayama and Dhyana , using Patanjali's Yoga sutras as a foundation.

The warm climate is perfect for Yoga, and the venue – exquisitely maintained teak rooms standing on stilts over beds of floating lotuses in a secluded setting – is aesthetic and tranquil, ideal for the study of Patanjali's Yoga sutras.



Dawn of Happiness:

In the 13th C, Sukhothai was the capital of what we now know as Thailand. The peaceful park is twelve kilometres from our hotel, and is a UNESCO World Heritage Site. The Buddhas are characterized by their blissful smiles and remarkable grace. Transport to and from the park is easy and you can hire bicycles to explore.

Dates:

Price to pay: £700

This includes your bed and breakfast and five hours of Yoga per day.

Additional costs:

- Your airfare to Bangkok
- Accommodation in Bangkok if you choose to go earlier or stop there on your way back (I know of a nice hotel which has a pool and costs about 30 pounds a night - clean and central)
- Your lunch and evening meals - though as the breakfast will be more of a brunch you may no wish to eat a big meal in the middle of the day because it is so hot.

Yoga: Philosophy in action.