

Thai Holiday 2/28/09-3/14/09

Cost \$ 4000
Extra family member \$ 3200 (shared accommodations)

\$3000 deposit upon registration (register by 10/17/08)
Balance due 30 days prior to departure

Trip includes:

- Round-trip airfare and transfers from SFO to Koh Phangan, Thailand
- Beach bungalow accommodations
- All yoga and academic instruction
- Trip coordinator to help you get the most out of this beautiful place

Additional Services:

(Not included in the price of the trip)

- 5 nearby restaurants on beach (Great food at very low prices!)
- International yoga scene
- Wellness Center on beach (fasting and colonics available)
- Thai Massage (\$8 per hour!)
- Internet connection nearby

Many other activities (scuba, snorkeling, fishing, parasailing, kayaking, elephant trekking, eco-tours, temple tours, shopping, dancing & nightlife, cooking classes, salon services)

Our yoga vacation will unfold over the course of 2 weeks in which you will have the opportunity to attend morning study groups followed by a morning yoga sessions prior to breakfast and yoga session in the early evening. All levels of yoga practitioners are welcome. This is not an intensive yoga retreat, but a cultural vacation with some time set aside to practice yoga each day. All yoga sessions are optional. Join in on daily classes, or customize your trip to explore on your own.

For More Info

Contacts: **Bill McCauley** 415.215.3792 or yogimccauley@yahoo.com
Marc McCauley mcmc1213@yahoo.com

Application

Please fill out the following information and attach applicable deposit . Make check payable to Bill McCauley-
Balance due 30 days prior to departure date.

Bring to the studio or send to Yoga Loka 4820 Folsom Blvd. Sacramento, CA 95819.

Name: _____

Address: _____

City/State/Zip: _____

Phone Number(s): _____

Email address: _____

Briefly describe your yoga practice (style, frequency):

Briefly state your reason for taking this trip (yoga, vacation, both):

I have read and agree to the terms and conditions set forth

Name

Date