

## Sample Itinerary

### Day 1 - THURSDAY November 1nd

12:00pm - Arrive in **CNX** Chiang Mai International Airport

1:00pm - Head to Sri Lanna National Park

**2:30pm - Arrive @ Sri Lanna**

\*Get settled into your rooms

3:30pm - Gather for House Meeting - Overview

5:30pm - Deep Restorative Yoga

7:30pm - Vegan Dinner

9:30pm - Tea + Meditation

11:00pm - Lights Out

### Day 2 - FRIDAY November 2nd

6:30am - Wake up to Ayurvedic Tea

7:00am - Salute the Sunrise - Vinyasa Yoga

9:00am - Ayurvedic Breakfast + Discussion

**10:30am - Lake Expedition**

1:30pm - Vegan Lunch

\*Feel free to nap, lounge and introspect.

3:30pm - Spread of Fruits, Nuts +/- Juices

**5:00pm - Sacred Ceremony**

9:30pm - Lite Dinner

11:00pm - Lights Out

### Day 3 - FRIDAY February 3rd

6:30am - Wake up to Ayurvedic Tea

7:00am - Salute the Sunrise - Vinyasa Yoga

9:00am - Ayurvedic Breakfast + Discussion

**10:30am - Sacred Ceremony in the Forest**

1:30pm - Vegan Lunch

**5:00pm - Yi Peng Lantern Festival**

8:00pm - Dinner in Chiang Mai

11:00pm - Lights Out

#### **Day 4 - SUNDAY November 4th**

6:30am - Wake up in Sri Lanna to Ayurvedic Tea

7:00am - Salute the Sunrise - Vinyasa Yoga

9:00am - Ayurvedic Breakfast + Discussion

**10:30am - Head to Pai**

12:30am - Lunch in Pai

2:00pm - Touring the rice fields and Elephant Sanctuary

7:00pm - Vegan Dinner

9:30pm - Tea + Meditation

11:00pm - Lights Out

#### **Day 5 - MONDAY November 5th**

6:30am - Wake up in Pai to Ayurvedic Tea

7:00am - Salute the Sunrise - Vinyasa Yoga

9:00am - Ayurvedic Breakfast + Discussion

**10:00am - Waterfalls, Hot Springs + Pai Canyon**

1:30pm - Vegan Lunch

**2:30pm - Head to Sri Lanna National Park**

7:30pm - Vegan Dinner

11:00pm - Lights Out

#### **Day 6 - TUESDAY November 6th**

6:30am - Wake up in Sri Lanna to Ayurvedic Tea

7:00am - Salute the Sunrise - Vinyasa Yoga

9:00am - Ayurvedic Breakfast + Discussion

10:30am - Time For Reflection

1:30pm - Vegan Lunch

**5:00pm - Deep Restorative Yoga**

7:30pm - Vegan Dinner

11:00pm - Lights Out

#### **Day 7 - WEDNESDAY November 7th**

6:30am - Wake up to Ayurvedic Tea

7:00am - Salute the Sunrise - Vinyasa Yoga

9:00am - Ayurvedic Breakfast + Discussion

10:00am - Head to CNX Chiang Mai International