

“KOH SAMUI”

THAILANDEXPERIENCE WITH RUTH EEDY
7 DAYS/6NIGHTS RETREAT! SPECIAL PRICE!
ONLY S\$750 (NORMALLY \$1,000!)
ACOMMO4DATION & ALL MEALS PLUS
CLASSES INCLUDED! (AIR FARES NOT
INCLUDED

1ST TO 7TH JANUARY, 2009

DAY 1) TRAVEL TO KOH SAMUI (AIR PLANE FARE NOT INCLUDED) PICK UP AT AIRPORT. 7 P.M. DINNER AT BEACH RESTAURANT

DAY 2) 8-30 A.M. YOGA (OPTIONAL) 10-30 BREAKFAST. 11-30 CLASS COMMENCES-CREATIVE VISUALISATION/RELAXATION/MEDITATION 1P.M. LUNCH

3 P.M. CLASS- 5 ENERGY MESSAGES COURSE COMMENCES—COLONIC MASSAGE.

5P.M.BEACH VOLLEYBALL 6 P.M. PREPARE FOR DINNER AT 7 P. M. BEACH RESTAURANT VENUE

DAY 3) 8-30 YOGA (OPTIONAL) 10-30 BREAKFAST

11-30 CLASS-MASSAGE COURSE RESUMES(3 DIFFERENT MASSAGE TECCHNIQUES WILL BE TAUGHT TODAY) PERIPHERY MASSAGE, BRAZILLIAN TOE MASSAGE & RAINBOW MASSAGE- 1 P.M. LUNCH 3 P.M. MASSAGE COURSE CONTINUES. 5P.M. BEACH VOLLEY BALL/SWIMMING 6P.M. PREPARE FOR DINNER AT 7 P.M.

DAY 4) 8-30 YOGA(OPTIONAL) 10-30 BREAKFAST – MASSAGE COURSE RESUMES..TODAY IS EMANS DYNAMIC RELEASE MASSAGE 1 P.M. LUNCH 3 P.M. MASSAGE COURSE RESUMES. 5 BEACH VOLLEYBALL/SWIMMING 6P.M. PREPARE FOR DINNER AT 7 P.M.

DAY 5) 8-30 A.M. YOGA 10-30 BREAKFAST 11-30 ISLAND TOUR VISITING TEMPLES, WATERFALLS ETC..SHOPPING ..D INNER AT 7P.M. & VIEW SUNSET

DAY 6) 8-30 YOGA 10-30 BREAKFAST 11-30 CLASS- FLOWER REMEDIES 1P.M. LUNCH 3P.M. CLASS RESUMES.EFT-EMOTIONAL FREEDOM TEHNIQUE. 5P.M. VOLLEYBALL /SWIMMING 6P.M. PREPARE FOR DINNER AT 7P.M.FOLLOWED BY MOVIE

DAY 7)8-30 BREAKFAST & FREE TIME .10 A.M. FAREWELL MEDITATION **BOOKING CAN BE MADE BY RETURN EMAIL!OR TELEPHONE +66-896 495 122 (MOBILE)**

THIS RETREAT IS ONLY OFFERED TO 10 PARTICIPANTS ! BOOK NOW & DON'T MISS OUT!