

Sacred Sites of SE Asia 2008: April 5 – 19

April 5

Day 0: Arrival to Bangkok, Thailand

Fly on your own to Bangkok, Thailand. Depending on your arrival time, you may choose to explore Bangkok or transfer to a hotel for rest.

April 6

Day 1: Arrival to Siem Reap, Cambodia; Ta Prohm

Early morning flight to Siem Reap, Cambodia, to meet our group. Enjoy a leisurely morning rest and lunch. Opening ceremony at mysterious Ta Prohm, a temple dramatically entwined with tropical jungle, and the starting point for our own search into the deeper wisdom of Angkor. Visit to the Mahayan Buddhist temple of Banteay Kdei and time for quiet reflection at the pool of Khmer kings, Sra Srang.

Lunch & dinner included. Overnight at HanumanAlaya.

April 7

Days 2: Angkor Wat and Bayon

Visit the majestic temple of Angkor Wat, grandest and most sublime of all Khmer temples, for a transcendent experience amidst exquisite carvings in the world's largest religious structure. Guided tour, meditation and free time for your own explorations. In symbolic transition from the world of humans to the world of gods, enter the royal city of Angkor Thom to its geometric and mystical center, Bayon, known for the colossal carved face-towers projecting Buddha consciousness to the cardinal directions. Free time to explore neighboring antiquities. Sunset at Angkor Wat.



Breakfast, lunch & dinner included. Overnight at HanumanAlaya.

April 8

Day 3: Banteay Srey, Banteay Samre, Neak Pean

Travel through countryside and traditional villages to visit Banteay Srey and the most exquisite carvings of the Angkorian period. Pause en route at an authentic, rural Buddhist wat for surprising teachings in humble places. After lunch visit tranquil Banteay Samre and unique island temple of Neak Pean, both richly symbolic expressions of Khmer spirituality. Unguided time at Preah Khan, ancient Buddhist university.



Breakfast, lunch & dinner included. Overnight at HanumanAlaya.

April 9

Day 4: Sunrise at Bayon, Siem Reap, Water Blessing Ceremony



Peaceful pre-dawn meditation and incense offering virtually alone among the enigmatic faces of Bayon. Return to Siem Reap for nutritious breakfast & integration time. Visits to the War Museum and local orphanage deepen our appreciation for the depth and strength of Cambodian grace. Support the "rebirth of Khmer arts" at Artisans d'Angkor; exceptional carvings by village artisans trained in store sponsored school. Optional water blessing ceremony.

Breakfast and lunch included. Free night for dinner in Siem Reap. Overnight at HanumanAlaya.

April 10

Day 5: Healers, Silk Farm & Angkor Wat

Opportunity to participate in vibrant Cambodian healing traditions. We'll visit local herbalist who diagnoses health problems with the aid of leaves, and a highly respected clairvoyant *mona kum* (healer). Learn about silk at Les Chantiers Ecoles' silk farm, from cultivation to dyeing and weaving. Shop for some of the best silk products in Cambodia. After lunch, unguided time for integration at Angkor Wat. Special evening ceremony.

Breakfast and dinner included. Overnight at HanumanAlaya.

April 11

Day 6: Tuk-Tuk Day!

Follow your hearts in small groups of 2-3 using tuk-tuks, open and breezy local transportation. It's your choice ... peacefully wander at your favorite temple, venture to distant Beng Mealea, visit nearby Wat Thmei, explore the local market, or just leisurely hunt for that perfect sculpture or piece of silk. Meet for ceremony at Prasat Kravan.

Breakfast and dinner included. Overnight at HanumanAlaya.

April 12

Day 7: Arrival to Chiang Mai, Thailand

Morning flight to Chiang Mai, Thailand. Relax in the serene, garden setting of our soul-soothing Thai-owned boutique retreat, Baan Orapin. Gourmet dinner at The House, converted & restored home of an exiled Burmese prince. Optional evening visit to the famous Night Bazaar.

Breakfast & dinner included. Overnight at Baan Orapin.

April 13

Day 8: Buddhist New Year: Songkran Festival

Join local Thai in celebrating Songkran: Buddhist New Year, vernal equinox, time of cleansing and renewal, beginning of the rainy season and the most gently outrageous water party on the planet. Sprinkle lustral water on processions of Buddha statues as a sign of respect. Dowse passersby for good luck and prosperity. Get absolutely soaked and share good measures of wet good fortune. Optional visit of the Sunday Market.



Breakfast and dinner included. Overnight at Baan Orapin.

April 14

Day 9: Wat Tham Pha Phlon & Chiang Dao

Get away to the peaceful, mountain forest temple of Wat Tham Pha Phlon and the sacred cave of Wat Tham Chiang Dao, and learn of the tradition of the Buddhist hermit. Spend time in meditation or chat with resident monks. Visit local workshop utilizing elephant dung for making paper, and experience Thai spirituality living in the heartfelt way of its English-speaking shopkeeper.

Breakfast, lunch and dinner included. Overnight at Baan Orapin.

April 15

Day 10: Elephant Nature Park



Swim with elephants! Located in lush Mae Taeng Valley, Elephant Nature Park is a sanctuary established to help the plight of endangered Asian elephants. Join staff shopping for elephant food in local market, meet elephant experts, hand-feed elephants, and join them in the river for an unforgettable bathing experience. Don't forget your camera!

Breakfast, lunch and dinner included. Overnight at Baan Orapin.

April 16

Day 11: Wat Phra Doi Suthep

Quiet morning meditating in forest setting of Wat U Mong. Short stop at Chiang Mai Zoo to visit Panda Bears, animals of great wisdom and peace. Join Bhuddist pilgrims in climbing 300 steps to reach Wat Phra Doi Suthep, one of the northern Thailand's most sacred temples. Time for exploration, meditation, offerings, and sending off your prayers by ringing bells and gongs. Visit to the International Buddhism Center for a monk chat.



Breakfast and lunch included. Free night for dinner in Chiang Mai. Overnight at Baan Orapin.

April 17

Day 12: Monk Alms; Baan Celadon

Early rise to participate in the touching dawn ritual of alms-giving, where monks receive their only food for the day in exchange for blessing to the givers. Visit to Baan Celadon known for its unique high-quality ceramics with wood-ash glaze. Free time for relaxation, exploration, journaling, or body rejuvenation in a serene Thai spa.

Breakfast and dinner included. Overnight at Baan Orapin.

April 18

Day 13: Bangkok

Morning departure for Bangkok. Free afternoon with optional visit of the Grand Palace, followed by a farewell group dinner.



Breakfast and dinner included. Overnight in Bangkok.

April 19

Day 14: Homeward Bound

Transfer to the airport for your morning flights to your home country.

Please note the itinerary is subject to change. As shamans say, we make our plans but the cosmos may have other plans. In the spirit of adventure and synchronicity, we leave room in our schedule and our hearts for changes that benefit the group.

Total Cost: \$2,400

Included in the Price:

- Deluxe hotel accommodations, based on double occupancy, as described in the itinerary.
- All ground transportation listed in the itinerary, including group vans and small tuk-tuks.
- Entrance fees to sacred sites & temples listed in the itinerary.
- Fees for Elephant Nature Park, Zoo and War Museum.
- All meals listed in the itinerary.
- Group ceremonies and teachings with local monks and healers.
- Guides for the group.
- Squirt guns for Songkran!

Not Included in the Price:

- Air travel of any kind (between USA and Thailand and Cambodia, and within Thailand). Airport taxes and departure fees.
- Transfers for independent arrival or departure other than during scheduled group time.
- Meals not explicitly listed in the itinerary, and wine, beer, liquor, soft drinks or other incidental food and beverage purchased beyond the meals provided.
- Individual healing sessions arranged with local healers.
- Personal purchases, phone calls, laundry, and expenses incurred due to missed flights, missed vans, illness, travelers insurance, etc. Any lodging before or after the group trip.
- Tips of any kind.

To Sign Up: Send \$500 non-refundable deposit to
Mann Partners
16 Madera Way
Mill Valley, CA 94941

We can also accept payment by credit card or Paypal. Contact us for details. After we receive your deposit, we will send you detailed information about the trip and what to pack. You will also receive personal information forms that must be completed to finalize your reservation.

Other Details:

- All reservations are subject to availability. Maximum group size is 15 people.
- The balance is due 45 days prior to beginning of the trip.
- We ask that people come to our trip for spiritual reasons, and not as a replacement for medical and/or therapeutic care.

For More Information:

Contact Wallace or Eva Mann

Tel: 415-944-8519

E-mail: www.mannpartners.com/contact-mann-partners.htm