
Wake Up to life!
5-9 December 2012
@Chiang Dao Youth Camp, Chiang Mai, Thailand

Come and enjoy breathing, sitting, walking and eating together on a beautiful mountain!
A 5-day retreat offered by the monks and nuns of Plum Village, students of Zen master
THICH NHAT HANH

Activities

05:00 wake up
05:30 sitting and walking meditation
07:30 breakfast
09:00 dharma talk
11:30 lunch
13:30 total relaxation
14:30 dharma sharing
16:00 sports
17:30 dinner
19:30 sitting meditation / chanting
21:30 nobel silence

Participants: 60 people (aged 20-35) and plumvillage volunteers

- participants should be able to stay all 5 days. The program will start at 10:00am first day (Dec 5) and finish at 14:00pm on the last day (Dec 9).
- 3 vegetarian meals/day
- casual and polite clothes
- separate dormitories for female/male, or bring your own tents
- very cold weather: please bring your own sleep gear and sweaters
- prepare umbrella, hat, light, water bottle, mosquito repellent and your own medicine.

Transportation

Participants need to arrange their own transportation to Doi Chiang Dao

1. From Bangkok: go by bus - Newviriya tour or 999 tour - to Chiang Dao Inn hotel. A car will make pick ups at Chiang Dao Inn to our location

2. From downtown Chiang Mai: transportation fee will be shared - approximately 150-300 baht.

- pick up from Chiang Mai bus station (R-KET) 7:30 am
- pick up from Chiang Mai airport 8:30 am

map: http://www.chiangdaoyouthcamp.com/blog/?page_id=8

Course fee (not including transportation fee)

- full price: 2,500 baht
- only food and accommodation fee: 1,200 baht
- free of charge (for students only)

Bank account name "Plum Village Foundation for Retreat"

Bangkok Bank, Siam Paragon Branch, Saving account no. 855-0-13333-7

Kasikorn Bank, Bang Plat Branch, Saving account no. 073-2-51642-5

KrungSri Bank, Bang Or Branch, Saving account no.183-1-31162-6

** Please send the payment slip via email: info@thaiplumvillage.org to confirm the registration

For more information please contact: info@thaiplumvillage.org

Facebook: [thaiplumvillage](#)

Tel: 087-697-0965 (Mon-Fri 9.00-18.00)