

THAILAND WITH KATE!
show me everything package
7 days in a *luxury home-stay*
yoga and *meditation*
explore *Thailand*

This yoga retreat is designed for those who need a change of environment, a little exercise and an escape from the stresses of everyday life.

For those who wish to stay in shape but aren't yoga fanatics.

You will have all the comforts of a five-star, high-end hotel but you won't feel like you are just one of the customers in a hotel setting because your wonderful hosts will be taking care of you as if you were part of the family. The resort has incredible character and charm and is nestled in lush trees and flowers with a beautiful swimming pool and grounds.

Kate, the yoga instructor, is highly qualified in Vinyasa Flow, Hatha and Yin styles of yoga and has over 12 years experience. Her style is fun and friendly and she focuses on self love, self acceptance and keeping things relaxed.

She is also a talented artist and this package can include a personalized, original, hand-drawn portrait to immortalize your yoga journey and to have as a beautiful keepsake from your Thailand adventure.



During this retreat we will practice a mixture of Vinyasa Flow, Hatha and Yin style yoga traditions, refill our energy cups with wellness and massages, herbal steams and hot springs as well as discovering the Thai culture.

This is a rich program giving you the chance to make contact with monks and locals but also with nature.

included in the price

2 Airport transfers
10 yoga classes 75 - 90 minutes
2 Thai massages 2 hours
1 spa treatment 1 hour: choice between aromatic oil massage, facial massage, foot massage
1 Herbal Steam; only give a donation to the temple at your discretion
1 Bath in Hot springs
Early fresh juices
Breakfasts
Lunches
All Dinners but one when we visit Chiang Mai
All transportations
Entry and transport to the Celadon workshop
Entry and transport to the Umbrella Bosang Village
Entry and transport to Chiang Mai for the flower market and Night bazaar market
Jungle trekking with elephants
Entry and transport to the temple for the herbal steam
Entry and transport to the temple to assist with the chanting
Entry and transport to the hot springs
Transport to the mountains to visit villages, temples and waterfalls
Free wifi
Free use of the swimming pool with Jacuzzi
Complimentary fruit basket
One kettle in each room for instant tea and coffee

portrait package only:

1 photo shoot
1 40cm x 50cm personalised, hand drawn portrait
(+ free postage)



highlights for your stay

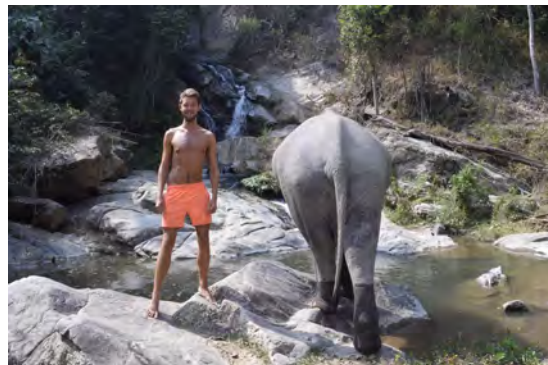
A beautiful blend of Yin, Hatha and Dynamic Vinyasa Flow with Kate every morning on the amazing decking!



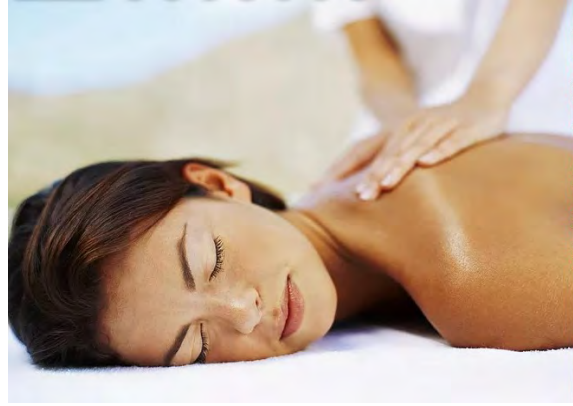
An enchanted, private swimming pool, exclusively for the 6 rooms of the homestay



Eco-trekking and swimming with elephants in the middle of the jungle



De-stress with Thai massage and spa treatments



Experience a herbal steam in the temple and relax in the thermal springs like a local



Chill by the pool when you've had enough fun!



A fun photo shoot, resulting in a beautiful, original, hand-drawn portrait, personalized just for you to immortalize your yoga journey and to have as a wonderful reminder of your Thai adventure!



delicious Thai food

Thai food is known for being delicious, but did you know that authentic Thai dishes can also be super healthy?

This cuisine contains a number of 'super foods' and spices that work together to give your immune system a boost, fight inflammation, regulate your metabolism, and help to create a healthier you!

We do not moderate the use of super ingredients such as turmeric, Galangal, ginger, lemongrass, lime, garlic, coconut milk and we cook delicious and varied dishes



Discover ancient traditions and rural Thailand
Visit the mountains with its waterfalls, lanna wooden houses, coffee plantations,
temples.



Be in contact with monks, to learn about the local traditions



Visit handicrafts workshops and the night bazaar market in Chiang Mai



your accommodation

The Taladya Homestay offers the best of both worlds with warm hospitality and luxury accommodation. Just last month the Taladya Homestay hosted the ABC reality TV show The Bachelorette and was voted the most romantic destination of 2018.

The six rooms reflect a contemporary Northern Thai design and decor with the emphasis on comfort. You will also find special touches, such as local Celadon tea sets, Thai silk pillows, bed runners, and artwork, giving each room a distinctive Chiang Mai personality and charm.

You will be welcomed by Patrick and Nathalie, a French family from Bordeaux, in love with Thailand.



why *Chiang Mai*?

The location presents many wonderful factors to revitalize and amaze you

First, the peaceful homestay is in a rural area surrounded by temples and rice fields but not too far from Chiang Mai city, about 30 minutes

Secondly, wellness is part of Thai culture, with massages, hot springs, healthy food and a relaxed attitude!



your room

The home-stay has 6 rooms:

2 *double rooms* with king size beds

2 *de-lux suites* with king size beds

2 *twin or family rooms* with 2 queen beds and all the comforts of a 5 star hotel



daily schedule

day 1

Free airport transfer
Welcome drinks and fruits
Meet your hosts and Yoga teacher

16:30 Yin Yoga
19:30 Dinner

day 2

7:45 Fresh fruit and juice with turmeric
8:00 Vinyasa Yoga
9:30 Healthy breakfast buffet
10:00 to 13:00
Relax by the swimming pool have a Thai massage or visit the spa
13:00 Lunch
14:00 Visit of a Celadon Workshop, 3 kms
16:00 Yin Yoga
18:00 possibility to walk up to a night local food market
19:00 Dinner

day 3

7:00 Healthy breakfast buffet
7:30 All day trekking with elephants, lunch, waterfalls
17:30 Hatha Yoga
19:00 Night chanting in a temple
20:00 Dinner

day 4

7:45 Fresh fruit and juice with Turmeric
8:00 Vinyasa Yoga
9:30 Healthy breakfast buffet
10:00 to 13:00
Relax by the swimming pool have a Thai massage, visit the spa or have your photo shoot
13:00 Lunch
14:00 Visit a traditional Bosang village 7 km away
16:00 Yin Yoga
19:00 Herbal steam in a temple
20:00 Dinner in a local restaurant in the middle of the rice-fields

day 5

7:45 Fresh fruit and juice with Turmeric
8:00 Vinyasa Yoga
9:30 Healthy breakfast buffet
10:30 Private bathe in the local hot springs
15:00 Relax by the swimming pool have a Thai massage or visit the spa
16:00 Go to Chiang Mai to visit the flower market and have a free dinner at the Night Bazaar

day 6

7:45 Fresh fruit and juice with Turmeric
8:00 Vinyasa Yoga
9:30 Healthy breakfast buffet
10:00 Visit the mountains, villages, temple and waterfalls
16:30 Yin Yoga
19:30 Dinner

day 7

7:45 Fresh fruit and juice with turmeric
8:00 Hatha/Yin Yoga
9:30 Healthy breakfast buffet
10:00 to 13:00
Relax by the swimming pool have a Thai massage or visit the spa

Check out and free Airport transfer

your room

	de lux <i>suite</i>	double <i>superior</i>	twin <i>superior</i>	family <i>superior</i>
				
	1 king sized bed	1 king sized bed	2 queen sized beds	2 queen sized beds
price per person				
1 person	€2,800	€2,200		€1,800
2 people	€2,000	€1,800	€1,800	€1,700
3 people				€1,500
4 people				
+ portrait package**	+ €200	+ €200	+ €200	+ €200

included in the the price

- 2 x Airport transfers
 - 10 x yoga classes 75 - 90 minutes
 - 2 x Thai massages 2 hours
 - 1 x spa treatment 1 hour: choice between aromatic oil massage, facial massage, foot massage
 - 1 x Herbal Steam: only give a donation to the temple at your discretion
 - 1 x Bath in Hot springs
 - Early fresh juices
 - Breakfasts
 - Lunches
 - All Dinners but one when we visit Chiang Mai
 - All transportations
 - Entry and transport to the Celadon workshop
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 - Entry and transport to the Hot springs
 - Transport to the mountains to visit villages, temple and waterfalls
 - Free wifi
 - Free use of the swimming pool with Jacuzzi
 - Complimentary fruit basket
 - One kettle in the each room for instant tea and coffee
- **1 x 40cm x 50cm personalised, hand drawn portrait (including photo shoot and free postage)

Extra thai massage is 950 Thai Baht
Extra Spa treatment is 1 600 Thai Baht
Extra drinks except coffee, tea, drinking water
Extra Private Yoga class is 1 500 Baht

learning about Buddhist *rituals* and visiting the *temples*

During your stay, you will have many times the chance to meet monks, they will be available and open to communicate with you because they have very few visits from foreigners.

Rituals are a form of language that expresses many dimensions of our human condition, including our relationships to others and to our spiritual life.

- The Tak Bat is a donation made by giving food to monks for their alms, they will present on Saturday early morning outside our gate
- Visit the monks of our neighbourhood
- Chanting and praying with the monks in the temple on the night ceremony
- Having herbal steam in a temple
- Participation in any of the rituals is completely optional and everyone is free to do as he/she wishes

trekking with the *elephants*

This excursion will take all day, as the place is in the middle of the jungle with a maximum 10 people for the full day. We will see the elephants, no riding, but a trek to take them to a waterfall where we can swim with them. We will be also in contact with the Karen tribe people, originating from Burma, a Christian tribe who live mostly in the mountains.

handicrafts tour

TALADYA HOMESTAY is very close to many handicrafts workshops, such as pottery, silk, umbrella paper making.

visiting the *mountains*

One day we will take a half day to go to the forest, about 40 minutes from TALADYA, where we will see a beautiful temple lost in the jungle and waterfalls with nobody but us. Visit a Lanna village with wooden houses, where people live from the coffee plantations.

night *bazaar*

One night, the van will take us to Chiang Mai to spend the evening at the Night Bazaar, which is very popular and should be visited. It is the only day we will have to pay for our own dinner in order to have fun enjoying the street food.

the *hot springs*

Enjoy the experience of going to a hot springs the way the local Thai people do. We can soak our feet in a hot river, swim in the large mineral pool or have private bath.

local *food market*

On Monday evening, there is a local market just next to the home-stay, where local people take their own products, vegetable, fruits, fish, crabs, insects, rice, street food, sausages and so on.

Within 5 minutes walk we can get a complete immersion into Thai rural life, where people will smile at you!

the *food*

Thai food is known for being delicious, but did you know that authentic Thai dishes are also super healthy?

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the *portraits*

All of Kate's works are one-off, hand drawn originals and are drawn from charcoal onto foam board. She uses either a background of earth and soil with an abstract painting style to create action and energy or a simpler clean background within the pieces.

The earth comes from a local source and is mixed by hand ... this is a little reminder that although we are unique and beautiful, we are still deeply connected to nature.

She uses charcoal and graphite for the figure to keep everyone who is portrayed the same colour ... we are all unique and individual but essentially we are all one. Her portraits serve as platform for acceptance and inspiration. Not only for the people who are drawn, but also for those who are observing.

spa *treatments*

Aromatic Lanna Massage

Facial treatments

Body scrub