

# *What's Included*

Airport pickup (up to 2 days before tour)  
7/ 14 nights accommodation  
All transport included / All Domestic Air Tickets  
All Breakfasts & 2 Thai massages  
Daily meditations, Yoga & Be Free Talks  
Nutrition, Travel & Spiritual Discussions  
Accommodation in Boutique Hotel in Bangkok  
Chao Phraya River cruise on private boat  
Visits to Bangkok's most historic temples  
Khao San Road Night Tour  
Ayutthaya Ruins Tour and sunset meditation  
Accommodation in Luxury Villa, Chiang Mai  
Chiang Mai Temples & Night Markets  
Boat to Railay Beach  
Accommodation in Jungle bungalows in Railay  
Asian Monkeys sightseen  
Shopping tour of Bangkok  
Loads of help with onward travel  
Support the whole time you are in S.E. Asia



**Be Free**