

Indulgence week with Yoga, Pilates & Meditation in Chiang Mai, North Thailand

(whole year possible – choose your date)



Wat Chedi Luang, Chiang Mai



Peaks Avenue Condominium

Chiang Mai the "Rose of the North" is well-known for extraordinary handicraft, delicious food and its rich history. The town is home to more than 300 temples in Lanna and Burmese styles, some of them are as old as the city.

Yoga and Meditation: we are teaching a combination of well-established Yoga Asana, Restorative Yoga & Meditation. It will be thought in such way that beginners and advanced students will enjoy!

Pilates: we are teaching a Pilates Mat Class for beginners and advanced students. Focused on strength, flexibility, better posture, more efficient movement, the body/mind connection - just about every benefit the Pilates method has to offer can be achieved through mat work. Enjoy the luxury of a personalized workout design, including therapeutic work, attention to detailed form, and helping to correct individual imbalances in the body.

We will utilize all of the Pilates equipment, such as: reformer, chair, barrel, the roller, Pilates Rings, Pilates balls & blocks. In one to one sessions we will focus on your personal needs to get the most out of your workout. Private mat lessons are great for people with injuries, back pain, or those with specific goals who want results fast!

Investment starts: CHF 1'200.- Single room occupancy surcharge: CHF 400.-

- 6 nights in a Junior Suite (with fully equipped kitchen) at the luxury Peaks Avenue Condominium in Chiang Mai
- Infinity Pool with skin friendly saltwater
- One-hour Pilates in English language daily mat class
- Two-hour Yoga in English language
- 1 lectures with Martin Amann with the topic:
 - What means brain suitable communication and why is it more effective
- Private transfer from Chiang Mai airport to Peaks Avenue
- One Thai- or Oil Massage
- One Manicure and one Pedicure
- Support and help during your stay

Flights to Chiang Mai are not included in the price. You will find reasonable flights (Swiss, Thai, Oman Air etc.) from major European airports to Bangkok, starting at USD 590.- and from Bangkok it is only a short and non-expensive flight with Thai Airways or Bangkok Airways to Chiang Mai. **Registration and information:** Ann Amann, aa@annamann.ch