Free Your Spirit in Nature

A 4-Day / 3-Night Retreat of Well-being, Nature & Connection

@ SaaiJai village
Sri Lanna National Park · Mae Taeng, Chiang Mai

— 20–23 December 2026 —

Breathe · Move · Create · Connect



Maryse
Sound meditation · Yoga Nidra



Kru Poh
Qigong · Yin Yoga · Energy Healing



Ayako
Chi Nei Tsang · Craniosacral Therapy

Book or Details

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