

Come join Louie Ettling in a Yoga Adventure in beautiful Chiang Mai

19-28 November 2012

Louie Ettling

Louie Ettling is the Director of The Yoga Space in Vancouver. She has been a keen student of Iyengar Yoga since she started her studies in the eighties. She has studied with Iyengar Yoga teachers all over the world, including several trips to Pune, India to work with B.K.S Iyengar and his family. For nearly two decades Louie has shared her love of yoga with students of all levels. Her dedication to the practice is coupled with a sense of humour. She both supports and challenges her students as they explore and participate in yoga.



Chiang Mai, Thailand

Located 700 km northwest of Bangkok, Chiang Mai is arguably one of the most beautiful cities in Thailand. Founded over 700 years ago, it served as the capital of the Lanna Kingdom and retains its own sense of history, style and culture. With over 300 temples, it is a both visually striking and spiritually important to both the Thais and the Burmese. Thais idealise their northern capital as a quaint, moated and walled city surrounded by mountains with legendary, mystical attributes.

Our Daily Practice

7:30 – 8:30 am	Sitting and Pranayama
8:30 – 9:30 am	Small breakfast
10:00 am – noon	Asana class (Progressively building)
12:30 – 2:00 pm	Lunch
2:00 – 4:30 pm	Asana class (Inversions and hip work)



Cultural Highlights

Loy Krathong is probably the most picturesque and beautiful of all Thai celebrations. “loy” literally means “to float”, while “krathong” refers to the lotus-shaped receptacle which can float on the water. The krathong ritual is to make a wish and float your wishes down the river.

In Chiang Mai, this celebration is called by the Lanna name, “Yi Peng”. In addition to the krathongs floating on the water, locals release thousands of “khom loy” (floating lanterns) into the night sky.

The final day of our retreat coincides with “Yi Peng” on 28 November 2012. We will celebrate the end of the retreat by joining the festivities.



Our Studio

Located within the old city, our studio sits in a lush and tranquil setting. The large studio has wood floors and can accommodate up to 30 students. It opens onto gardens and water features and is an ideal facility for our retreat.

Our Accommodation

Our hotel is situated in the Old City along the 700 year-old moat. Centered on an old colonial Lanna House, the facility includes comfortable rooms, a swimming pool, restaurant, quiet meeting spaces and facilities - all within 5 minutes walk from our yoga studio.



REGISTRATION FORM

RETREAT SUMMARY YOGA IN THAILAND WITH LOUIE

Dates: 19-29 November 2012
Arrive on Monday 19 November – A post-flight grounding practice to start
Depart on Thursday 29 November

Location: Chiang Mai, Thailand

Cost: Total cost is CND \$1600, to be paid in 3 installments:
1) Deposit of \$100 with registration form
2) \$750 to be paid by 28 February 2012
3) \$750 to be paid by 30 June 2010

Included in the program:

Yoga: 10 days of yoga on 19-28 November

Meals: All meals from 19-28 November plus breakfast on 29 November
Celebratory Loy Krathong Dinner on 28 November

Accommodation: Twin-share rooms in a Boutique Hotel within the Old City
(Private rooms available at additional cost–please enquire)

Daily Program: This is an example of a retreat program, which we will adapt according to circumstances and participants:
7:30 – 8:30am – sitting and pranayama
8:30 – 9:30am – small breakfast
10:00am – 12:00pm – asana class (progressively building)
12:30 – 2:00pm – lunch
2:00 – 4:30pm – asana class (inversions and hip work)
Late afternoon and evening – optional excursions and quiet walks

Optional Additional Activities:

After class, you are encouraged to enjoy some of the pleasures of Chiang Mai, including:

- Thai Massage (Approximately CND\$15 per hour)
- Thai Herbal Stream
- Sauna
- Spa Treatments
- Thai Cooking Classes
- Sight Seeing
- Shopping

We can also assist with recommendation of hotels and side-trips if you would like to arrive before the retreat or stay after the retreat.

Getting There:

Costs of flights are not included in the cost of the program.

Participants are responsible for their travel to and from Chiang Mai.

Louie might be able to arrange a group discount, even for those not on the same flight. Check with her in early 2012.

Chiang Mai has an international airport with flights from Singapore (Silk Air and Air Asia), Seoul (Korean Airlines) and Kuala Lumpur (Air Asia), to name a few.

You can also fly to Chiang Mai via Bangkok. Chiang Mai is a one-hour flight north of Bangkok. There are many daily flights between Bangkok and Chiang Mai on both full-service and discount carriers.

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Please complete this form and mail with your cheque for \$100 (**payable to THE YOGA SPACE**) to:
The Yoga Space
1715 Cook Street, Suite 202
Vancouver, BC V5Y 3I6

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Email Address: _____

Phone Numbers: (Please circle preferred contact number)

Mobile: _____ Work: _____ Home: _____

Have you studied with Louie Ettling before? YES/NO

How long have you been practicing yoga? _____

Who is your teacher? _____

Do you have any health concerns, dietary requirement or current injuries? It is very important to give details about these matters right from the start. It will not exclude you from participating, necessarily, but it will advise Louie how to work with you and how to plan the retreat.

Date of Application: _____ Signature _____