



MINDFULNESS MEDITATION MEDITATION AND TEMPLE TOUR

TIME : 9.00 am – 11.00 am

PROGRAM & PROCEDURE:

- 09.00am Depart from the hotel to “Wat Phra Dhat Sam Mum Mueng” top of mountain in Golden Triangle
- 09.10am Arrive at the temple and welcome by the program leader
- 09.20am Enter a sacred ground to meet the monk
Offer donation to the monk and receive a blessing ceremony with wrist of sacraments
Introduction to different kind of meditation
Meditation session include sitting meditation and walking meditation
- 10.00am End of session with hot tea served to the monk and guests
The monk summarize the meditation practicing for guests
- 10.15am Temple tour
- 10.30am Visit the pagoda and sightseeing at the Big Buddha, Golden triangle.
- 10.45am Depart to for Anantara Golden Triangle Elephant Camp & Resort

GUEST'S RECOMMENDATION

Wearing comfortable clothes such t-shirt, exercise pant, a long loose fitted pant.
Sleeveless, shorts and skirts are not permitted.

**One day advance reservation is required. For more information or reservation,
please dial ext. 1300 or contact at our Guest Experience desk at the lobby.**