



Beach Yoga in Hua Hin Thailand

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Project overview



What's included:

- 24/7 support in case of emergencies

Visit: <https://www.truexperiencetravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

Project itinerary

Beach Yoga in Hua Hin Thailand - Schedule

You will arrive on Sunday, when you will be transferred directly from Bangkok to Hua Hin. Thereafter, depending on your previous week's program, you will enjoy brunch and, later, dinner, here, while you relax and get accustomed to your surroundings.

Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day, to familiarize yourself with the surroundings as well as the local culture. Subsequently, your programme will continue as usual from Tuesday onward throughout the rest of the week.

Schedule - Monday

- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Thai Do's and Don'ts, Thai Culture Lessons and Thai Language Lessons.
- Tour around the compound and local area where to find local shops, and arrange a sim-card if necessary.
- Visit a famous Buddhist temple nearby
- Lunch



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- Visit the beach

Tuesday

- Breakfast
- Morning Yoga at the Centre
- Visit Artist Village
- Khao Tao Temple
- Lunch
- Afternoon Yoga at Sai Noi Beach
- Dinner

Wednesday

- Breakfast
- Visit Hin Lek Fai Viewpoint
- Head on to explore Khao Takiab Temple
- Lunch in town
- Yoga at Sea Pine Beach
- Dinner at the resort

Thursday

- Breakfast and free time
- Yoga at Sai-Noi Beach
- Lunch at the beach
- Afternoon Yoga at Pranburi Beach
- Dinner

Friday

- Breakfast
- Morning Yoga at Hin Lek Fai Viewpoint
- Lunch and free time at the accommodation
- Afternoon Yoga at Hin Lek Fai Viewpoint
- Dinner



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Saturday

- Breakfast

If this is your last week, you will be transferred to Hua Hin bus station after breakfast. Where you have further projects north of Hua Hin, you will be transferred via Singburi. Lastly, should those projects be in Hua Hin or the South, you will stay at the accommodation until that starting time.

Activities & Events

Tuesday Evening

You will go to the night market in Hua Hin city. Try some of the delicious local food that is freshly cooked and instantly served to you. Taste a variety of inexpensive street food.

Wednesday Evening

Another evening at the market! (There is just too much to see for one night!) Try something different for dinner, and browse through the many clothes and trinket stalls there.

Friday Evening

You will go to the Cicada Market, a colorful night market offering freshly cooked food from different shopkeepers. Look around the many art exhibitions, see the local handmade products and souvenirs which are very attractive and listen to live music featuring local artists.

Places to See

Hua Hin is a lively fisherman-town and popular tourist destination, and it has a lot to offer besides just sunbathing, snorkelling and swimming at its golden beaches. Not only are there plenty of seafood restaurants and other eateries to choose from, but visitors can also enjoy golf, spas, shops, markets (including a popular night market), and Hua Hin's Vana Nava water park.

You might also consider visiting Khao Tekiab, a mountain at the end of the beach with a temple at the top that overlooks the beach.

Hua Hin is also surrounded by beautiful national parks and you might decide to go slightly further afield to explore the likes of the Pa La-U Waterfall, located 60 km west of Hua Hin in the south side



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of the Kaeng Krachan National Park. Alternatively, 45 km to the south of Hua Hin is the mystical Phraya Nakhon cave for the more adventurous!

Transportation

From this location we provide free transport to your next program at the following location(s):

- Akha Village Chiang Rai
- Kaeng Krachan
- Kanchanaburi
- Mae Sot
- Singburi
- Suphan Buri
- Train Track Northern Thailand
- Trunk to the South
- Umphang
- Udon Thani
- Wang Nam Khiao

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.



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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)