



Retreat Name: Creating Sacred Ritual -
Taking the Spa Experience Home

Dates: December 5th - 11th 2008

Price: THB167,500++

Facilitator: Judith Wendell



Facilitator Bio:

Judith Wendell is the founder of SACRED CURRENTS; a company dedicated to creating vital and thriving environments since 1998. Judith holds a three-year accredited degree from the BTB Feng Shui Professional Training Program. Her knowledge of Classical Flying Star Feng Shui and Space Clearing Rituals inform all her consultations. She attended the School of Practical Philosophy in New York for 16 years, where meditation and study of the great spiritual traditions are emphasized. Judith brings a life long interest in architecture to her work - recognizing that beauty and order are integral to well being and success.

The New York Times said, "Candle 79 hired Ms. Wendell to go where no contractor had gone before..." Judith has also appeared in New York Magazine, Conde Nast Traveler, Glamour, PBS, The New York Post, Real Estate Weekly and others.

Retreat Description:

Join Judith Wendell, Feng Shui Master, for 5 inspirational group sessions. Topics to include applying Feng Shui to analyze your home or office, learn to accessorize with Feng Shui and the Five Elements with chimes and crystals. Improve your health through meditation, discover what your stars mean to you, and create sacred space through Mantras, Mudras and Ceremony. In addition to these wonderful discussions, enjoy daily wellness activities such as Yoga, Tai Chi and Meditation.

Retreat Package Includes:

- ☞ 6 nights accommodations in a Colonial Suite (Single occupancy)
- ☞ Roundtrip airport transfer
- ☞ 1 Welcome Reception
- ☞ Meals (Breakfast, Lunch & Dinner)
- ☞ Daily Wellness Activities. Options of:
Yoga
Meditation/Pranayama Breathing
Tai Chi
Spiritual Exercises
- ☞ 4 Group Discussions
- ☞ 1 Health/Lifestyle Consultation, 3 Spa Treatments

*Price is subject to 10% service charge and 7% government tax.

For more information please contact Jennifer Simms, Director of Wellness, jennifers@mohg.com