

Thailand – Cambodia

RELOAD & RETREAT JOURNEYS

"Open Spirit, No Limit"



Join THS sounds words & life and hosts as we take you on a once in a lifetime adventure and inspiration as you discover the true hidden Thailand and Cambodia so that you can unlock your true purpose, inspiration and motivation.

Sunday 4th December – Friday 16th December 2011

For CHF 2,900.—(USD 3,550, EUR 2,450, THB 99,500.) you will get your inspiration in a 4 star resort and more.

MOTTO

„Open spirit, no limits“ ist he motto of the „Art in Life Journeys“ by SKYWIDE and THS.

A unique journey that offers you an opportunity to find inspiration for your life, work or business.

Taking you to excellent places to relax and gear your mind to self-reflect and stimulate your thoughts and reload. Supported by meditative, musical and impulsive workshops and seminars by your hosts and the exchange of many experiences by the other participants from all over the world.

Who is this journey for?

For individuals or company representatives who want to find themselves in a space where they get feedback and can create a new personal vision for their future.

For all people who are open minded or want to experience more about our motto “open spirits and no limits” as well as for people who love to share their experiences and expertise with the world.

How do we work?

The basis of all our work is the cycle of creation (THS-cycle), which includes Opening, Silence, Focus, Self responsibility, Action, Communication and Quantum leap. As well as life skills coaching, health and energy nutrition.

Please visit the THS-music homepage for more information.

What we need from you?

We know that many people in the world would love to make music, but somehow could not really bring the power of sound into their normal lives. We encourage all participants to bring their music instruments with them. No matter if you think you can play or make music, this is not important. For all Meditation, coaching, consultations and classes no further knowledge is needed; nature and expert will develop what you are looking for.

What do you get in the 10 days?

- A deeper understanding of life art and success.
- A deeper view of the process of creativity.
- A different approach on being and action with an abundance of inspiration.
- Finding your energy with nutrition and a different approach to self-care.
- Awakening of new skills and competences and opening of your senses and spirit.
- Building up your inner and outer energy level for more power, flexibility and success on your life path.

Sunday 4th December – Friday 16th December 2011

For CHF 2,900.—(USD 3,550, EUR 2,450, THB 99,500.) you will get your inspiration in a 4 star resort and more.



Your main accommodations, are La Tradition' d Angkor in Siem Reap, Villa Langka in Phnom Penh, Independence Hotel in Sihanoukville and Kaibae Hut Resort on Koh Chang. Your places to reload.



Locations & program; a true vision



THS sounds words & life has developed this program in cooperation with Asia Explorers as a unique journey that offers you an opportunity to find inspiration for your life, work or business. The main location is set in the beautiful, calm village of Sihanoukville in Cambodia and Koh Chang Island in Thailand. During your stay in Thailand "The Land of Smiles" and Cambodia you will discover the best that Bangkok, Phnom Penh, Siem Reap and Koh Chang have to offer.

Cambodia's Sihanoukville is pretty remote from the hustle and bustle of the city. Koh Chang offers a relaxed atmosphere and also a plethora of activities. It is an excellent place to relax and gear your mind to self-reflect and stimulate your thoughts to rediscover what you actually want in life. With the help of this beautiful environment and also the other participants your hosts have only one aim in mind: to empower you!

What to expect / General program

Once you have arrived in Phnom Penh, every day will start with a morning session and will mostly end with an evening session. In the afternoon and upon request the three hosts Thomas, Dominik and Xanny will offer personal consulting sessions with the participants. There will always be enough time to relax and to explore the environment or your inner most. To support individual needs, evening sessions can also be added on demand. Based on your individual or group needs, each participant has full attention. All hosts will support you with dignity and joy.

Your hosts will be:

Thomas Schauffert



Lifestyle and mental health improvement consultant

Thomas carrier want over experiences as a director and manager in international companies. Furthermore he is an accomplished musician, composer and producer, with hits in Japan and Europe. Thomas holds a masters degree in electrical engineering as well as being a tri lingual communications expert.

His motto is: **Open your spirit with no limits!**

Discover your inner stillness and energy with the "THS-cycle of creative self empowerment".

Xanny Disjad



PR and marketing professional, Model

Xanny is excited to present her homeland to you. Experience the joy of "The land of Smiles", Thailand, in this wonderful retreat.

Xanny grew up in the south of Thailand and now lives and works in Bangkok. She speaks English and Thai.

The motivation for all her activities in life are family, friends and uniting the people of the world. Xanny's work is done with heart, inner beauty and graceful determination.

Xanny says, "Life is for living. Why wait for a second chance to really go for it. Just go for it!"



Life coach and energy nutritionist

Dominik is a an experienced and certified life coach and energy nutritionist
 He's also a trained and qualified chef, specializing in patisserie and bakery.
 He strives to be at the leading edge of personal energy management, peak performance and optimal health. He speaks English and Thai.

Dominik quotes: "Focus on your dreams and goals; and I will help you get there."

The main languages will be English, German, Thai and French. We are sure you will feel comfortable if you speak one of these languages.

Due to the limited number of participants, register early!

**Price: CHF 2'900.— (In twin double rooms, with two persons sleeping)
 Additional CHF 490.—(For single room all the time)**

International flights to Bangkok can be booked directly at Asia Explorers.

Price includes:

Roundtrip transfer to/from Bangkok Airport
 Two nights accommodation in a chosen hotel in Bangkok
 Full day trip in Bangkok (city, temples, canals)
 Flight to Siem Reap, Cambodia
 All transfers in Cambodia
 Sightseeing and entrance fees in Cambodia
 Boat trip on Tonle Sap Lake
 Cooking Class
 Bike rental
 1 hour foot massage
 9 nights accommodation in Cambodia in chosen hotels
 Flight from Siem Reap to Phnom Penh
 Two nights accommodation on Koh Chang in the chosen hotel
 Access to conference room on Koh Chang
 English speaking local guides on the entire route
 Coaching and Consultations on demand
 Meals as on the agenda (B- breakfast, L – lunch, D – dinner)

Price excludes:

Air ticket to/from Bangkok (can be organised on request)
 Visa fee to Thailand&Cambodia (if applicable)
 Compulsory dinner supplements in the hotels if applicable
 Any surcharges of the hotels (minibar, visitor's fee etc.)
 Personal insurance
 Surcharges for peak season (information upon booking)
 Expenditures of personal nature (drinks, souvenirs, laundry etc.)
 Others not mentioned in the agenda

Please pay through PayPal directly to THS sounds words & life.

PayPal: thomas@ths-music.ch

More Infos and sign in with:

Thomas Schaufert, thomas@ths-music.ch, mobile +41 79 372 69 23

Traveling and retreat program (small organizational changes are possible)



MAIN ATTRACTIONS & ACTIVITIES

- Art in Life Seminar by THS sounds words & life
- Sightseeing in Bangkok
- Niramit show (www.siamniramit.com)
- Cycle and Eco Tours in Cambodia
- Visit to the World Famous Temple Angkor Wat
- Unique souvenirs shopping
- Cooking Class and a visit to the Old Market of Siem Reap
- Dinner Cruise on the Mekong River
- Visit the Khmer Royal Palaces
- And much much more...



Meals: as specified in the detailed agenda – B – breakfast, L – lunch, D – dinner

DAY 1. BANGKOK (B/-/-/)

Arrival to Bangkok @ 15.30. Arrival time TBC. Transfer to the hotel. Dinner with Siam Niramit show (www.siamniramit.com)

DAY 2. BANGKOK (B/-/D)

Buffet breakfast at the hotel followed by the City&Temples Tour. Next the Canals&River tour by boat. Lunch at one of the local restaurants. Visit to the Gems Gallery with free time for shopping. Transfer back to the hotel and free time in the evening for relaxation, dinner and exploring Bangkok's vibrant nightlife.

DAY 3. Bangkok – Siem Reap (B/L/D)

Breakfast, flight to Siem Reap @11.35. Arrival @12.35. Transfer to the hotel. Free time for lunch and individual exploration of the city. In the evening we are invited into the house of a local family. We sit down at the dinner table, listen to their stories and learn more about their everyday routine, beliefs and traditions. They will teach us some basic Khmer phrases.

DAY 4. Siem Reap (B/L/D)

We start on our bike and cycle (45 minutes for cycling) to world heritage areas on the roads less travelled. Ride among the jungle passing local village and local shop. It's a very special and acting day as you will explore some of Angkor's most beautiful temples. You will visit the West Gate of Angkor Thom – undiscovered by mass tourism.

You will see as well:

- The ancient capital of Angkor Thom (12th century)
- the South Gate, Bayon Temple – unique for its 54 towers decorated with over 200 smiling faces of Avolokitesvara.
- Baphuon temple lying just to the north of Bayon a pyramidal representation of mythical Mount Meru
- The Royal Enclosure, Phimeanakas
- The Elephant Terrace and the Terrace of the Leper King

The tour starts with the visit to the famous temple: Angkor Wat. Angkor Wat is a World Heritage Site since 1992, famous for its beauty and splendor. Angkor Wat features the longest continuous bas-relief in the world, which runs along the outer gallery walls and narrates stories from Hindu mythology, visit Bakheng Temple and enjoy a romantic sun set view from Bakheng hill.

Enjoy foot massage 1 hour & walking at busy pub street where you can find many bars for cool drink or shopping at Angkor Night Market.

DAY 5. SIEM REAP (B/L/D)

This morning you will have a chance to cooking class. Our cooking Class offers a wide variety of menu for cooking classes. The 4 hours class, featuring 3 food items held from 9.00am – 1.30pm. Our cooking class offers you a three standard cooking courses and vegetarian course to choose from.

Visiting the Local Market We will bring you to the Old Market of Siem Reap. The Chef will explain you about rice and how to choose seasoning products. You will have enough time to walk around and take pictures and watch vendors selling their products.

Theory Class: The Chef will present a cookery demonstration of the dishes that you will have to prepare! And will receive a booklet with the recipes of the day. Assisted by our Chef you will learn and experience the traditional Khmer cuisine And Three dishes are waiting to be prepared by you!

Lunch. Now you can taste and enjoy your own culinary creation.
Free and leisure to explore the city by your own time.

DAY 6. SIEM REAP – PHNOM PENH (B/L/D)

Morning we transfer to Siem Reap airport for domestic flight to Phnom Penh. Arrive Phnom Penh, Phnom Penh – the city retains its traditional Khmer and colonial charm. French villas along tree-lined boulevards remind the visitor that the city was once considered the gem of Southeast Asia.

Visit Tuol Sleng prison (Genocide Museum) was the most secret organ of the Khmer Rouge regime. S-21 stands for "Security Office 21." was Angkar's premier security institution, specifically designed for the interrogation and extermination of anti Angkar elements. Continue to visit Choeung Ek museum. Shopping at Toul Tompong Market (called Russian Market. Dinner cruise on Mekong River and overnight in Phnom Penh.

DAY 7. PHNOM PENH (B/L/D)

Our cyclo tour gives us a different perspective on the streets and sights of the city of Phnom Penh. We pass the glittering Royal Palace Compound. Firstly, visit to the Royal Palace compound build in 1866 by the Predecessors of King Norodom, is the most conspicuous feature and also one of impressive colorful Khmer-style Palaces.

Royal Palace is Silver Pagoda (The Emerald Buddha temple), National Museum, the distinctive red building with a beautiful Khmer architecture was build since 1917 and contains more than 5000 art objects made of sandstone, bronze, silver, copper, wood and others. And more.

DAY 8 (B/-/D) – Phnom Penh – Sihanouk Ville

After breakfast, met our driver then drive straight down to Sihanouk Ville. The lovely beaches of Sihanouk Ville are some of the most unspoiled in all of South East Asia although the fast growing of tourism. Dozens of small islands just a short boat ride away, which make for a perfect tropical getaway. This free day will provide you some great opportunities to soak up the sun and sea as much as you want by spending your time swimming or lazing on a beach.

DAY 9-10 (B/-/-) - Sihanouk Ville

Two days free for leisure.

DAY 11 (B/L/-) Sihanoukville – Koh Chang

Bus transfer from Sihanoukville to the border with Thailand and then further on that to the ferry pier which will take us to Koh Chang.

DAY 12 (B/-/-) Koh Chang

Day free for leisure

DAY 13 (B/L/D) Koh Chang – Bangkok

Half day free for leisure. After lunch we depart for Bangkok by ferry and bus. We stop for a farewell dinner after which we continue to the airport.

Extension of stay available on request. Please contact Asia Explorers at info@asiaexplorers.pl .

INFORMATION ABOUT ACCOMMODATION

Welcome to Grand Mercure Park Avenue Bangkok



Conveniently located in a quiet lane just off bustling Sukhumvit Road, the Grand Mercure Park Avenue is a 4 star hotel offering 221 elegantly decorated rooms and restaurants featuring Italian and Thai cuisine. The BTS Phromphong sky train station is 500metres from the hotel, providing easy access to other entertainment areas in the city. For business travellers, the hotel offers easy access to the famous Queen Sirikit National Convention Centre, only 10 minutes drive away.

La Tradition D'Angkor – Boutique Resort – Siem Reap -Cambodia



This exclusive retreat has only 29 spacious deluxe rooms, designed for stylish simplicity, hand carved woods with a delicate touch of Cambodian artwork and all the latest technology to allow a relaxing and rejuvenating stay. On your door step is our free-form swimming pool and bar area, set in a lush tropical garden where you can enjoy a refreshing drink or maybe a massage and other treatments. Our executive chef offers a wide selection of mouth-watering dishes throughout the day to ensure your complete comfort.

For more information please visit: <http://www.traditiondangkor.com/>



A boutique hotel in an oasis of calm, Villa Langka Hotel offers a private hideaway in central Phnom Penh. Hidden in a fragrant garden surrounding a shady pool, Villa Langka Hotel overlooks the ancient spires of Wat Langka Pagoda and is located just around the corner from the Independence Monument.

Villa Langka Hotel offers 43 unique rooms blending contemporary elegance with Cambodian traditions. Escape from the heat and bustle of the city, relax and lose yourself in secluded tranquility. For more information please visit: <http://www.villalangka.com/>

Independence Resort & Spa – Sihanouk Ville - Cambodia



The newest 4 star luxury resort in Sihanoukville, Cambodia. Breathtaking views with nearly all rooms overlooking the sparkling pristine waters of the ocean.

For more information please visit: <http://www.independencehotel.net/>

Kaibae Hut Resort – Koh change



Located next to Klong Prao Beach, about 15 km from Ao Sapparat Pier. The shorter and smaller beach than Klong Prao Beach but more silent. The beach is of appropriate slope for swimming with some remains of coral reefs on the beach. This very tranquil beach is the popular sunbathing area for foreigners. Kai Bae Beach is near Koh Yuak, Koh Man Nok and Koh Man Nai and known as one of most beautiful sunset viewpoint of Koh Chang.

Thailand – Cambodia “Art in life, Open Spirit, No Limit”

Sunday 4th December – Friday 16th December 2011

Payment and terms:

1. CHF 2'900.—payable by November 3rd 2011.
2. In case of cancellation we will deduct the costs of domestic flight tickets and other non-refundable costs if any have been occurred.
A good travel insurance should be made by each participant.
3. THS Satisfaction Guaranteed Or 50% money back.
4. Lots of surprises and memorable moments to cherish.

Please pay through PayPal directly to THS sounds words & life.

PayPal: thomas@ths-music.ch

More Infos and sign in with:

Thomas Schaufert, thomas@ths-music.ch, mobile +41 79 372 69 23