

*THS sounds words & life and Asia Explorers*

*Presents*

# **Thailand “Art of life” journey.**

When visions and dreams become true.

**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 unlock your true purpose and inspiration and motivation.**

**Absorb the culture in this wonderful Buddhist country, taste the aromatic dishes and relax in some of the most beautifully tranquil locations on the planet.**

**Relax at this wonderful place, or take part at a adventure vacation, that you always wished to do. Two of the most creative Lifestyle-Coaches are at your service for 10 days for your development, supported by a local personality.**

***For CHF 3'600.—(USD 4'000.--, THB 121'000.--)***

***you will get your inspiration in a 5 star resort and more.***

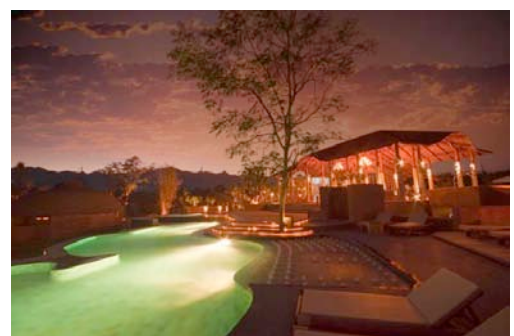
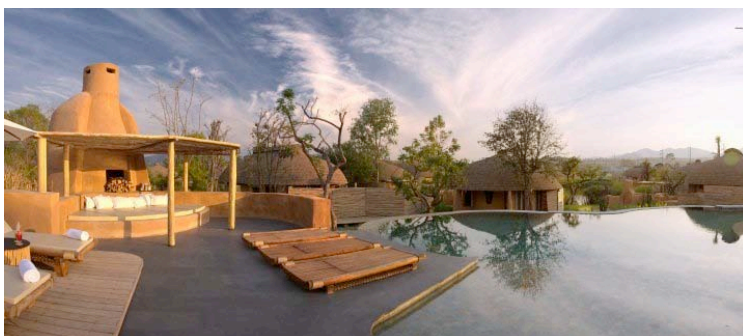
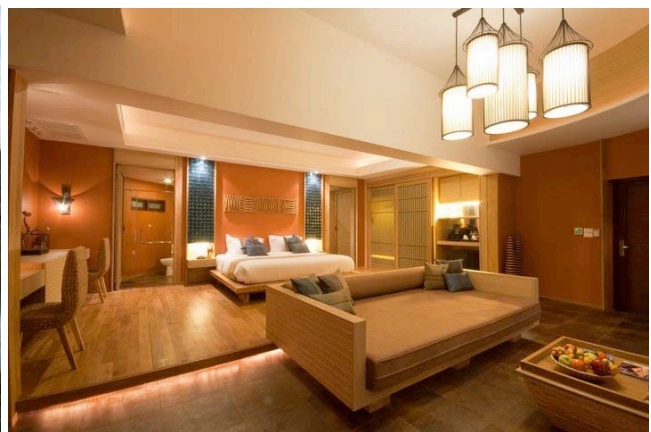
**Turn vacation into self exploration...with inspiration!**

**Take it back to your daily life and have it last forever!  
(12 days of wonderment and discovery).**



*THS sounds words & life and Asia Explorers invite you to join them on a 12 day “Art of life” discovery journey. This will give you the necessary space to find new inspiration for your life*

**Your main accommodation, at Montis, five star resort, is where your relaxation is guaranteed. A pure source of well being and creativity.**



## 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 get new inspiration for your life. The main location is set in the beautiful, calm village of Pai in northern Thailand. During your stay in “The Land of Smiles” you will discover the best Bangkok and Pai have to offer. Thailand’s Pai province is remote from the hustle and bustle of the city. Pai 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 Pai, every day will start with a morning session and will mostly end with an evening session. In the afternoon and upon request, the hosts 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.*

### **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*
- *A lot of inspiration*
- *Awakening of new skills and competences*
- *Opening of your senses and spirit*
- *Building up your inner and outer energy level for more power, flexibility and success on your life path*

***Why not give yourself the frame of mind needed to set forth and achieve your personal and professional goals simply by taking a one of a kind vacation that you will cherish? Forever.***

***Who is this journey for?***

*For individuals or company representatives who want to find themselves in a space where they get new inputs and can create new visions and outputs for their future. For all people who are open minded or want to experience more about „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. 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 live. 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.*

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

**Your hosts will be:  
Thomas Schauffert**



**Thomas is a lifestyle and mental health improvement coach with clients from many cultures. Furthermore he is an accomplished musician, composer and producer. Thomas also holds a masters degree in electrical engineering as well as being a tri lingual communications expert. All of which involves his marketing and sales background.**

*Thomas is the founder and creator of THS sounds words & life. He has been successful for over ten years. He speaks German, English and French. He plays piano, keyboard, trumpet, horn, mellophone, drums, percussion, harmonica and sings. Numerous CD productions, and live concerts have his signature.*

**His motto is: *Open your spirit with no limits! Be inspired and help bring the world together.***

*Thomas has over 20 years of experience as a director and manager in international, industrial companies. As well as having a leading role in the field of personal and mental coaching. Long before and during this time, the composition and production of "sounds and music" skills were developed to a professional level.*

*At this retreat, he will be your lead supporter. Keeping a "circle of life" artistic philosophy by using feelings, knowledge and sounds. He will work with the group mainly using the "THS-cycle of creative self empowerment". Silence as well as the power of sound and music will be some of the themes brought into the group. It is all about the inspiration!*

*More information on Facebook: <http://www.facebook.com/profile.php?id=1635317623> and <http://www.facebook.com/pages/THS-music-sounds-words-life/106523152715094>*

## Xanny Disjad



### **Professional Host – Model, Spoken model – PR and marketing personality**

*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. She seeks to help others overcome personal obstacles in their own lives as she has. She prides herself in always taking on new and exciting challenges, she says, “Life is for living. Why wait for a second chance to really go for it. Just go for it!”*

Some keyfacts about Xanny.

- Member Swiss Thai Chamber of Commerce with THS sounds words & life
- University Degree in language (English) and humanistic
- Presently studying business creation

*More information on Facebook: <http://www.facebook.com/disjad>*

### **About our partnering travel agency**



*Asia Explorers carefully developed our tailor made program and presents an opportunity to relax and recuperate for our guests. Whilst the inspirational landscapes and culture offer a natural setting for adventure, fun filled events and activities have been designed to clear your mind of stress. It will entice you to figure out what you actually want of life and to broaden your interpersonal skills and develop more self-confidence. This exclusive program benefits both personal and professional development. <http://www.asiaexplorers.pl/en>*

***Due to the limited number of participants, register early!***

***Price: CHF 3'600.--, USD 4'000.--, THB 121'000.—***

***(In twin double rooms, with two persons sleeping)***

***Additional CHF 600.—(For single room all the time) International flights to Bangkok can be booked directly at Asia Explorers.***

#### **Price includes:**

*return transfer to/from the airport in Bangkok  
one night in Royal Princess Larn Luang Hotel (\*\*\*\*) in Bangkok with breakfast  
one night in De Naga Hotel in Chiang Mai (\*\*\*\*) with breakfast  
return flight to/from Bangkok-Chiang Mai - Pai  
all transfers  
9 nights in the Montis Resort (\*\*\*\*\*) in Pai with breakfast  
8 lunches in Pai  
9 dinners in Pai  
Morning and evening sessions.  
Personal or group sessions on demand.*

#### **Price exludes:**

*any international flights  
insurance (available on request)  
meals and drinks not included on the agenda  
attractions not mentioned on the agenda*

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

***PayPal: [thomas@ths-music.ch](mailto:thomas@ths-music.ch)***

***More Infos and sign in with: Thomas Schaufert, [thomas@ths-music.ch](mailto:thomas@ths-music.ch), mobile +41 79 372 69 23, Xanny Disjad, [xanny@ths-music.ch](mailto:xanny@ths-music.ch), mobile + 668-7994-6060***

**Traveling and retreat program** (small organizational changes are possible)



**MAIN ATTRACTIONS**

- Art of Life Seminar by THS sounds words & life
- Sightseeing of Bangkok
- Bathing in the hot springs of Pai
- Degustation of Thai cuisine
- Unique souvenirs shopping
- Whitewater rafting
- Zip-Lining



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

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

*Welcome to Bangkok! Today is free as group members will arrive individually. Our representative will organize transfer for you to the Royal Princess Larn Luang Hotel (\*\*\*\*) situated in the heart of the historic old Bangkok amidst sweeping tree-lined boulevards, centuries-old canals and ancient temples including the Grand Palace and Temple of the Emerald Buddha. Time to relax after your journey.*



**DAY 2. BANGKOK (B/-/-/)**

*7.00 – 8.30 – Breakfast at the hotel and check - out*

*9.00 – 14.00 – A visit to the Grand Palace – a former home of the Kings of Thailand, the Temple of the Emerald Buddha housing a 500-year old statue of the Lord Buddha and Wat Pho – a temple housing a 46-metres long and 10-metres high statue of the reclining Buddha covered with pure gold.*

*16.00 transfer to the airport*

*18.30 – flight to Chiang Mai*

*20.00- check out in a hotel and free time for dinner at your expense*

**DAY 3. CHIANG MAI - PAI (B/-/D)**

*8.00 – 9.00 – Breakfast at the hotel, check-out.*

*9.30 – 10.15 – Transfer to the airport for your domestic flight to Pai*

*11.20 – 11.50 – Flight to Pai*

*12.30 – lunch at your expense*

*14.00 – 15.00 – Check-in at the Montis Resort (\*\*\*\*\*)*

*15.00 – 18.00 – free time to explore Pai*

*18.00 – 20.00 – Welcome dinner at the resort. Program briefing*

**DAY 4. PAI (B/L/D)**

*8.00 – 9.00 – Breakfast at the resort*

*9.00 – 12.30 – Art of Life Seminar*

*12.30 – 14.00 – Lunch at the resort*

*14.00 – 18.00 – A walking trip to the Pai village. Guide available upon request.*

*18.00 – 20.00 – Dinner at a traditional Thai restaurant*

**DAY 5. PAI (B/L/D)**

*8.00 – 9.00 – Breakfast at the resort*

*9.00 – 12.30 – Art of Life Seminar*

*12.30 – 14.00 – Lunch at the resort*

*14.00-18.00 – A half day trip to the hot springs of Pai. Free time to relax*

*18.30 – 19.30 – Dinner at the resort*

*20.00 – 22.00 – Good night meditation*

**DAY 6. PAI (B/L/D)**

*8.00 – 9.00 – Breakfast at the resort*

*9.00 – 12.30 – Art of Life Seminar*

*12.30 – 14.00 – Lunch at the resort*

*14.00 – 18.00 – Relaxing at the resort and individual consulting meetings with the hosts.*

*18.00 – 19.00 – Dinner at the resort*

*20.00 – 22.00 – Good Night Seminar*

**DAY 7. PAI (B/L/D)**

*8.00 – 9.00 – Breakfast at the resort*

*9.00 – 12.30 – Art of Life Seminar*

*12.30 – 14.00 – Lunch at the resort*

*14.00 – 17.00 – Visit to a local school. Presentation of International Group. A possibility of giving gifts to the children.*

*18.00 – 19.00 – Dinner at a traditional Thai restaurant*

**DAY 8. PAI (B/L/D)**

*8.00 – 9.00 – Breakfast at the resort*

*9.00 – 19.00 – rafting in the local mountains. All transfers, equipment and lunch included*

**DAY 9. PAI (B/L/D)**

*8.00 – 9.00 – Breakfast at the resort*

*9.00 – 12.30 – Art of Life Seminar*

*12.30 – 14.00 – Lunch at the resort*

*14.00 – 18.00 – Relaxing at the resort and individual consulting meetings with the hosts.*

*18.00 – 19.00 – Dinner at the resort*

*20.00 – 22.00 – Good Night Seminar*

**DAY 10. PAI (B/L/D)**

*8.00 – 9.00 – Breakfast at the resort*

*9.00 – 12.30 – Art of Life Seminar*

*12.30 – 14.00 – Lunch at the resort*

*14.00 – 18.00 – Visit to a local temple (Mae Yun, Luang or Krang) and zip-lining*

*18.00 – 20.00 – Dinner at a local restaurant*

*20.00 – 22.00 – Goodbye Event*

**DAY 11. PAI (B/L/D)**

8.00 – 9.00 – Breakfast at the resort

9.00 – 12.30 – Art of Life Seminar

12.30 – 14.00 – Lunch at the resort

14.00 – 18.00 – free time for shopping in Pai village

18.30 – 19.30 – Dinner at the resort

**DAY 12. PAI – CHIANG MAI – BANGKOK (B/-)**

8.00 – 8.30 – Breakfast at the resort, check-out

10.20 – 10.50 – flight to Chiang Mai

14.35 – 15.45 – Flight to Bangkok

Extension of stay available on request. Please contact Asia Explorers at [info@asiaexplorers.pl](mailto:info@asiaexplorers.pl).

**INFORMATION ABOUT ACCOMMODATION**

**ROYAL PRINCESS LARN LUANG (\*\*\*\*) Bangkok**



*The hotel is situated in the heart of the historic old Bangkok amidst sweeping tree-lined boulevards, centuries-old canals and ancient temples including the Grand Palace and Temple of the Emerald Buddha.*

*Royal Princess Larn Luang is a renowned local institution frequented by many of Bangkok's members of high society and local personalities.*

*A shady, secluded swimming pool with poolside Snack Bar offers the best way to 'kick back' relax and refresh. While the Lobby Lounge & Bar provides an excellent start to the evening's entertainment.*

*More information: <http://www.dusit.com/>*

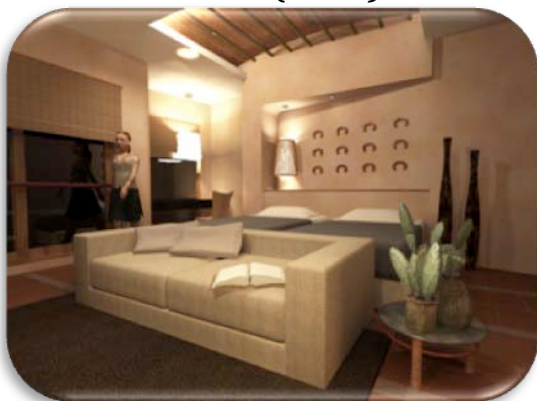
**DE NAGA HOTEL (\*\*\*\*) Chiang Mai**

<http://www.denagahotel.com/about.html>

De Naga Chiang Mai represents stylish, contemporary living, while providing unmistakable service excellence. A hotel poised in the centre of town that escapes from the typical city hotel, and looks and feels like a resort soaked in its heritage. Walking through the entrance, the noise of the city seemingly dissipates and evokes a sense of calmness and relaxation.



**MONTIS RESORT (\*\*\*\*\*) Pai**



*Our home base hotel is all about rustic luxury for a laidback holiday, in an area not as yet packed with tourists. Guests enjoy a heated outdoor pool, and an archery court on-site. There are two dining venues located at the resort, alternatively you can head into town for a meal. The resort includes heated swimming pool for guest use, perfect for a quick dip during the winter months.*

*The seminar participants will be accommodated in Deluxe Rooms with a possibility of upgrade to Safari Villa.*

*More information: <http://www.montisresort.com>*

***Payment and terms:***

***1. Due to the limited number of participants, register early!***

***Price: CHF 3'600.—(USD 4'000.--, THB 121'000.—)***

***Additional CHF 600.—(For single room all the time)***

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

*payable by june 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.*

*We'll accept individual cancellations until midnight 22nd of June Bangkok time.*

***3.***

*THS sounds words & life satisfaction guarantee.*

*If you should not be satisfied with this journey THS sounds words & life will give you back CHF 1'000.-- . This we guarantee!*