

Pathways to Clarity and Inner Peace

Meditation Event

29 July – 1 August 2026
Chiang Rai - Thailand

healing emotions and
trauma through kriya,
breath and meditation

During this weekend we will focus on our elementary emotions and work on clearing our subconscious mind. We will refer to the classical yogic roots that explain our emotions, to help us identify and transform of disturbing memories and patterns. so that we can live our lives more balanced and peacefully.

Lead: Tonie Nooyens

Investment:

US\$ 400 (arrive Wednesday pm-till Saturday (lunch included)

US\$ 300 (arrive Thursday-till Saturday (lunch included)

US\$ 175 (arrive Friday-till Saturday (lunch included)

includes vegetarian meals, shared room, retreat contribution

Single room +US\$50/per night

(Payment & Registration Before 10 July)

Contact: info4tnretreats@gmail.com