

Thai Massage, Spa & Yoga Tour 2014



mostly
massage

Learn THAI Massage

*A professional and personal awakening
in the spiritual soul of Thailand*

- 🔥 **Become a Thai Massage Therapist**
- 🔥 **Explore the total yoga journey**
- 🔥 **Embrace the exquisite Thai spa experience**

*8 days for you the Massage Therapist family and friends
20 – 29th September 2014 (extra week option return 6th October 2014)*



Unbelievable value from £1,298
including **airfare, accommodation,**
transfer and Thai Massage or Yoga Tuition

Thai Massage, Spa & Yoga Tour 2014

**20 - 29th
September 2014**

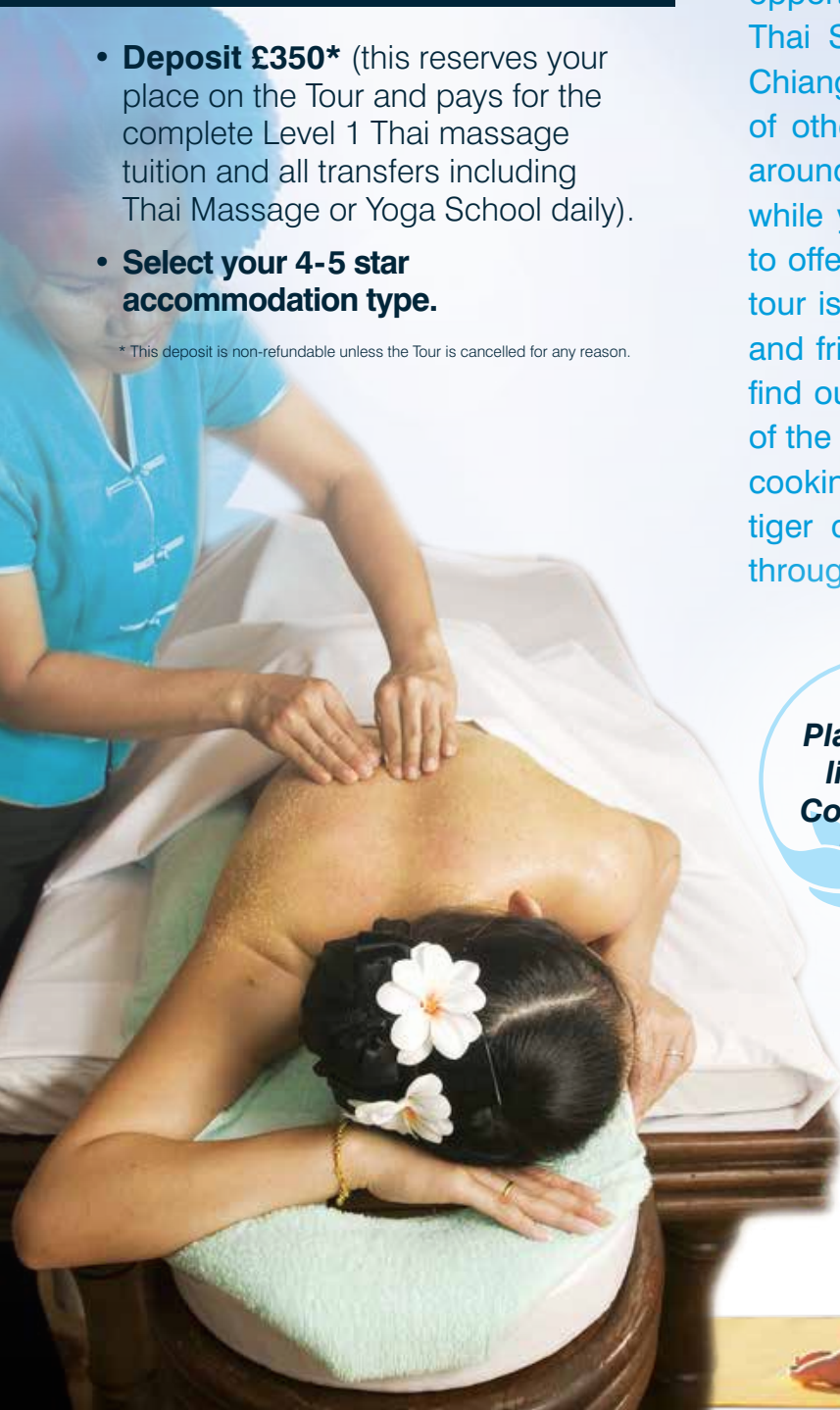
*A professional and personal
opportunity of a lifetime!*

- **Deposit £350*** (this reserves your place on the Tour and pays for the complete Level 1 Thai massage tuition and all transfers including Thai Massage or Yoga School daily).
- **Select your 4-5 star accommodation type.**

* This deposit is non-refundable unless the Tour is cancelled for any reason.

Thai Massage has gained wide popularity in the West. It is an extraordinary method of aligning the energies of the body, and originates from the time of the Buddha, 2,500 years ago. Thai Massage is part of the therapeutic traditions of this beautiful country and Mostly Massage offers you the opportunity to learn Thai Massage and advanced Thai Spa techniques where they originated, in Chiang Mai, Thailand. You will be in the company of other massage therapists from Australia and around the world. Be part of this fascinating culture while you learn a wonderful new massage style to offer your clients back in your own clinic. This tour is not only for massage therapists! Partners and friends are very welcome to join us and will find out why Chiang Mai has been voted as one of the 10 most interesting cities in the world. Thai cooking schools, elephant experiences, cuddling tiger cubs, the finest spas in the world, flying through the rainforest canopy and lots lots more.

**Places are
limited!
Contact us
today**





Amazing low cost!

Partners, friends and individuals are very welcome and will find this experience just as rewarding as the therapists. The tour is very flexible; take the Tour anytime that suits you. If you can't come on the escorted tour in September then call Greg will tailor-make a Massage, Spa and Yoga Tour for you alone or with a group. This price may vary depending on class availability and airline prices. Mostly Massage will arrange everything for you. You can also see many of the fascinating attractions during your tour:

- Jungle & Elephant Tour
- Thai cooking lessons
- Night markets & the amazing Sunday walking market
- Superb Thai and International Cuisine.
- Silk, silver, umbrella factories
- Tiger Kingdom
- Jungle Flight
- Sunday walking market
- Thai cooking school
- The world's best spas

Teaching Program A

THAI MASSAGE

We will be going to the premier Thai Massage School, home of the northern style of Thai Massage to learn how to perform a comprehensive three hour Thai massage treatment. You will be in a special 4 day program and learn Level 1 Thai massage. The tuition will give international students a substantial foundation in the major positions of Thai Massage.

There are also exciting advanced courses in selected Thai Spa modalities that are offered as either a complement to your Thai Massage training or as a stand alone alternative. All lessons are in English and on completion of the Course you will be a certified Thai massage therapist with a certificate accredited by the Thai Government and the Australian Association of Massage Therapists (accredited College).

“Thai Massage is like a thousand gentle waves washing over the body. Thai massage is like yoga for lazy people. Instead of doing yoga, they do it for you.”

Chongkol Setthakorn
The Founder of ITM

The original name of Thai Massage is “Nuad Thai” and correctly translates as Ancient Massage or Traditional Massage. It is an extraordinary method of aligning the energies of the body, and originates from the time of the Buddha, 2,500 years ago. Shivago Komarpaj, a physician and contemporary of Buddha is considered to be the source of the basic knowledge for today's Thai Massage techniques.

Teaching Program B

YOGA

Gernot Huber is one of Thailand's leading Yoga teachers and his classes will be held from 1-3pm every afternoon for four days times two hour sessions. His syllabus is particularly suitable for beginners, however experienced Yoga practitioners will be catered for. You will learn the principals of breath, alignment and posture in Yoga. Gernot's classes are joyful and include practice sheets and certification.

As well as gaining an accredited Thai Massage or participating in Yoga classes you could:

- Learn unique Spa techniques including Thai reflexology and Thai Herbal compresses
- Prepare and cook authentic Thai meals at the premier Thai cooking school in Chiang Mai.
- Be responsible for your very own elephant for a day; washing, feeding, teaching and understanding how to communicate with these beautiful animals
- Cuddle tiger cubs at the Tiger Kingdom
- Visit the Golden Triangle and travel over to Laos for an afternoon
- Take advantage of some basic quality dental work at a fifth of the Australian cost
- Visit the silver, umbrella and Thai silk factories to discover the best local and unique crafts in Thailand
- Swing through the jungle canopy, in harness, experiencing the thrill of the ‘Jungle Flight’
- Visit Chiang Mai's Silver Temple and spend time de-stressing with a Buddhist monk
- Experience some of the most exquisite Thai food – in Thailand!
- Immerse yourself in the charming Thai Culture
- Experience the very best Spa treatments in the world! (what we call the “super pamper”).

A full list of activities in this booklet.



Studying Thai massage

TEACHING PROGRAM

Level 1 (Week 1 Monday-Thursday)

This course establishes the foundation of professional Thai massage. The concepts of meridians, energy lines (Sen), and Yin and Yang are introduced. This course covers practical aspects such as stretches, acupressure points, proper use of body weight, and techniques using thumbs, palms, elbows, and feet. Additional emphasis is placed on deep, focused abdominal (Hara) work.

At the end of the Level 1 course, students will be able to perform an effective 1½ hour treatment sequence covering the front (lying on the back) and the back part of the body.

Yoga Tuition

Monday-Friday 1-3pm, Wednesday rest day.

STUDYING SPA AND OTHER TECHNIQUES

You may decide to do all, or a selection of the Spa and massage techniques below:

- Aroma Herbal Oil massage
- Facial & Body Treatments
- Thai Herbal Compress
- Tok Sen Ancient Thai Therapy
- Thai Chair Massage
- Thai Foot Reflexology Massage
- Thai Table Massage (suitable for those who find floor work challenging).

THAI MASSAGE, SPA AND YOGA STUDY TOUR TO CHIANG MAI THAILAND 2014

Dates: 20 – 29th September, deposit of £350* must be received by 1 July, 2014.

Places are limited so it would be wise to send your deposit to ensure you are part of this wonderful professional and cultural experience.



Our expertise

Greg Morling has been a massage therapist for three decades and a Thai Massage Therapist for 10 years. He has a wealth of specialised experience in taking groups and individuals to Thailand and Chiang Mai for Thai massage training and for those seeking the real Thai experience.

OPTIONAL EXCURSIONS FROM CHIANG MAI

VALID FROM 1ST APRIL 2013 TO 31ST DECEMBER 2014

Rate per person based on 2 people sharing. All prices based on pick up from Mostly Massage Tour Hotel

Here is a comprehensive list of possible activities and excursions you might like to engage in while you are in Chiang Mai. Some of these activities may be combined, for example you might like to visit the Tiger Kingdom on your way to the Elephant Sanctuary or enjoy an unforgettable spa experience prior to your trip to the silk factories. Unlike other pre-programmed holidays you can make a selection from these and other activities the evening before you go.

ATV QUAD BIKE RIDING – GROUP TOUR - 0830-1230

On this morning excursion you will head to the Chiang Mai countryside for an adventure on an ATV quad bike. You will spend the morning driving the quad bike through beautiful scenery, along bumpy off-road trails and narrow rugged paths, and through lush jungle. This is a wonderful and adventurous way to explore the countryside of the north. Return to Chiang Mai about midday.

Price £52.00

CHIANG MAI TEMPLES AND A DIALOGUE WITH THE MONKS 1500-1930 – MONDAY, WEDNESDAY AND FRIDAY

This excursion takes the client on a drive through the small city, to the most important and culturally interesting Buddhist temples. Following this, the clients will spend time talking with the monks in an open monk-chat session where they are able to engage with them, and find out more about the fascinating Buddhist religion.

Price £75.00

CHIANG MAI CITY AND TEMPLES 0830-1100 OR 1300-1500

Drive through the city passing markets, residential areas and Chiang Mai's main street on the tour which will take you to many important and interesting temple grounds such as Wat Phra Sing, Wat Chedi Luang, Wat Chiang Man and Wat Suan Dok.

Price £22.00

CHIANG MAI CITY ARTS & CULTURAL CENTRE INCL TRISHAW RIDE – NOT AVAILABLE ON MONDAYS 0830-1200 OR 1300-1630

First visit Wat Phra Sing (AS 1345) housing a very old and sacred Buddha image. Then take a foot-pedal Trishaw ride to visit Chiang Mai City Arts & Cultural Centre. The museum houses a permanent exhibit that walks visitors through a tour of pre-history to the present. Another section has short-term local exhibits of all types.

Price £46.00

CITY AND TEMPLES WITH WAT PHRA THAT DOI SUTHEP 0830-1200 OR 1300-1700

Drive through different parts of the city passing markets and residential areas to visit the famous hillside Wat Phra That Doi Suthep, Wat Phra Sing, Wat Suan Dok and Wat Chedi Luang.

Price £33.00

ELEPHANTS AT WORK AT MAE SAA & MEO HILL TRIBE 0800-1500

Drive North of Chiang Mai for approximately 25 kms to visit an elephant camp at Mae Saa to see a demonstration of the elephants at work and take a ride. Also visit the nearby Meo Hill Tribe Village and Orchid Farm.

Price £52.00

ELEPHANTS AT WORK AT MAE SAA & ORCHID FARM 0800-1300 – MORNING ONLY

Drive North of Chiang Mai for approximately 25 kms to visit an elephant camp at Mae Saa to see a demonstration of the elephants at work and take a ride. Also visit the nearby Orchid Farm.

Price £32.00

LAMPHUN & WIANG KUM KAM HISTORICAL TOWNS INCLUDING HORSE CARRIAGE 0830-1200 OR 1300-1700

Visit the small historic town of Lamphun, located 30km South of Chiang Mai to see the Wat Phra That Haripoonchai, the oldest temple in the region and take a stroll around the local market. On return to Chiang Mai visit Wian Kum Kam, an ancient town dating from the 13th Century and enjoy a ride on the horse drawn carriage around the area.

Price £52.00

LOCAL LIFESTYLE ALONG MAEPING RIVER BY BOAT 0830-1300 OR 1300-1730

Enjoy the beautiful scenery and the charms of rural Thailand by traditional long-tail boat. Visit markets and temples, local farms a local monument and round of with a Trishaw ride.

Price £53.00

LOCAL HANDICRAFTS 0830-1200 OR 1300-1700

Chiang Mai is Thailand's main handicraft centre. Visit Sankamphange District to see the silk industry, umbrella painting, lacquer ware, silverware and other handicrafts.

Price £23.00

LOCAL CHIANG MAI 0830-1300 OR 1300-1730

On this interesting excursion the client will explore the small charming city of Chiang Mai, using only local transport, with a guide to assist. Amazingly, Chiang Mai has no bus network, therefore one will be travelling by "Songtheaw" (literally meaning two rows, it is a pickup truck that one sits in the back of), tuk-tuk (called so due to the noisy engines), and samlor – a three wheeled cycle-rickshaw. This is about experiencing the real Chiang Mai, including the magnificent Wat Pra Singh and Wat Chedi Luang. The tour has no fixed route, spontaneity is the key word and the guide will adjust to match the client's interests.

Price £51.00

LONG NECK KAREN HILL TRIBE AT BAAN TONG LUANG 0830-1230 OR 1300-1700

Visit several hill tribe groups and learn something of their origins including the Long Neck Karen, traditional Karen, Lahu and Palong Village. On the return journey take the opportunity to stop off at one of the regions orchid farms.

Price £52.00

MAE SA CRAFT VILLAGE – ART & CRAFT CLASS INCLUDING LUNCH – GROUP TOUR 0800-1300 OR 1200-1700

Visit the enchanting world of the Mae Sa Craft Village set in an amazing artists space alongside a small stream and among the trees to learn a new skill of your choice. Learn to create Saa Paper, do Ceramic Painting, Batik Dyeing or Paper Parasol and Fan painting.

Price £35.00

MAE SA CRAFT VILLAGE – THAI COOKING CLASS INCLUDING LUNCH- GROUP TOUR 0800-1300

Set high on the slope overlooking the resorts own rice fields and further out to the mountains, this is an excellent setting in which to learn to cook Thai dishes and the use of herbs in Thai cooking before you prepare several dishes to enjoy for your lunch.

Price £45.00

MEET THE LOCALS AT FRESH MARKET & TEMPLES – MORNING ONLY 0600-1100

With an early morning start you will visit the local market where you offer alms to the Buddhist monks before tasting and buying local foods at the market for your own breakfast. Afterwards visit Wat U-Mong (Tunnel Temple and Wat Suan Dok where the ashes of Chiang Mai's Royal Family and interred.

Price £29.00

TIGER KINGDOM AT MAE RIM 0830-1230 OR 1300-1600

Visit this park and restaurant in the hills outside Chiang Mai where you can touch and play with tigers of all ages, from cubs to fully mature adults. Friendly staff members and Greg are on hand to help in your choice.

Price £54.00

THE COLOURS OF CHIANG MAI BY BICYCLE 0830-1300 OR 1300-1700

This is a 4-5 hour cycling tour taking you through charming rural areas surrounding Chiang Mai. On your travels visit a local school, temples and experience the countryside and traditional Thai way of life.

Price £90.00

WAT PHRA THAT DOI SUTHEP 0830-1200 OR 1300-1700

Take a drive up Doi Suthep Mountain to visit the most sacred temple on the hillside, Wat Phra That Doi Suthep, the land mark of Chiang Mai located on a 1600 metre peak.

Price £24.00

WAT PHRA THAT DOI SUTHEP & WHITE MEO HILL TRIBE 0800-1200 OR 1300-1700

Take a drive up Doi Suthep Mountain to visit the most sacred temple on the hillside, Wat Phra That Doi Suthep, the land mark of Chiang Mai located on a 1600 metre peak. Then transfer onto a local pick-up to visit the nearby Meo Hill Tribe Village.

Price £39.00

CHIANG RAI & GOLDEN TRIANGLE 0700-1900

After a 3 hour drive through the mountains arrive in Chang Rai before heading further on to Yao and Akha Hill Tribe Village, Chiang Saen and the Golden Triangle where the border of Thailand, Myanmar (Burma) and Laos meet. Then browse through the local market at Mae Sai on the Myanmar border.

Price £110.00

DOI INTANON NATIONAL PARK 0900-1600

Drive along the winding road to Doi Inthanon, the highest peak in Thailand. Visit Karen Hill Tribe Villages, Watchiratharn waterfall and the twin Chedi's.

Price £89.00

ELEPHANT & OX CART RIDING AND LONG NECK KAREN 0700-1900

Have an adventurous and fun day out to see some of the best of what Thailand's North has to offer with an elephant show and riding, river rafting and a bullock cart ride. Stop to visit a Karen Long Neck Village and enjoy a visit to an orchid farm on the return to Chiang Mai.

Price £105.00

ELEPHANT AT WORK AT CHIANG DAO WITH RIDING AND RAFTING 0700-1630

Head North of Chiang Mai for approximately 60kms to visit Chiang Dao elephant camp to see the elephants take their morning bath before a demonstration of traditional skills and then take a ride through the jungle and finish with a bamboo raft trip down river. On the return leg you will stop at a local Orchid Farm.

Price £94.00

ELEPHANT AT WORK (MAE TAMAN OR MAE PING CAMP) 0800-1700

Watch the elephant at work show at Mae Taman/Mae Ping Camp and enjoy an exciting elephant back ride in the jungle, returning by ox-cart followed by a rafting adventure along the river. On the return to Chiang Mai stop at a local Orchid Farm.

Price £82.00

ELEPHANT CONSERVATION CENTRE AT LAMPANG AND VISIT TO LAMPHUN 0800-1600

Visit the Lampang Elephant Conservation Centre, which also house the only Elephant Hospital in Thailand. See the elephants demonstrate traditional skills before a short city tour by horse and carriage. You will also visit the interesting 700 year old Wat Prathat Luang before a visit to Lamphun on the way back to Chiang Mai

Price £99.00

FLIGHT OF THE GIBBON TREETOP ADVENTURE – GROUP TOUR 0800-1630

Experience the beauty and adventure of Thailand's rainforest like never before. High in the tree tops of a pristine national park located in a 1500 year old rainforest next to the quaint village of Mae Kampong only a hour's drive from Chiang Mai you'll glide through the jungle canopy via 2kms of thrilling wire zip-lines, scenic sky bridges and adrenaline-inducing abseils.

Price £81.00

MAE KAMPONG MOUNTAIN VILLAGE WAY OF LIFE – 0700-1930

Take a 1 hour drive to Mae Kampong, a rustic little village set along a stream in the mountains outside of Chiang Mai with a stop at a local market on the way. Walk through the surrounding area of the village with the locals and learn of their conservation efforts for the precious forest. After your walk enjoy lunch and a relaxing massage. Then explore the village further to see fermented tea being made and local handicrafts in village homes. In the evening you will cook your dinner in a village home and see a wonderful sunset from the mountain top before returning to Chiang Mai.

Price £134.00

ONE DAY LISU LODGE ADVENTURE – GROUP TOUR 0800-1700

An exciting exploration of Lisu and Akha villages including and elephant ride in the jungle, mountain biking and white water rafting in the 4 scenic Mae Taeng Valley giving you a great way to learn about Thailand's ethnic minority groups and the mountain way of life.

Price £115.00

Price £136.00

RICE FARMER FOR THE DAY 0700-1900 – BETWEEN JUNE AND FEBRUARY ONLY

Thailand is the world's top rice exporter. On this excursion the client will have a working insight into the processes involved in rice farming. They will exchange their clothes for traditional Thai farm clothes, and be part of the farm staff for a day, helping to plant/harvest the rice, and then learning about the many processes involved to reach the final product.

Price £91.00

TROPICAL GARDENING IN NORTHERN THAILAND – GROUP TOUR 0900-1600 – TUESDAY TO SUNDAY

We are pleased to be able to offer you this specialist excursion in which the clients will be escorted by a trained botanist, firstly to a village market and then a private estate garden, where the client will learn all about tropical gardening and tropical plant species. The garden is owned by a Thai family and managed by a Swedish professor of Botany.

Price £50.00

WHITE WATER RAFTING AT MAE TAENG 0800-1700

On this exciting excursion you go by road from Chiang Mai to a small riverside village. On the way there will be time to stop at an interesting orchid farm. On arrival at the village, you will have a delicious lunch, before getting ready for the rafting adventure. The rafting will be for approximately two hours, and will cover about 14 rapids. Note that Aug-Oct conditions will be more extreme due to seasonal rains. After some relaxation, you'll return to Chiang Mai driving past scenic villages, orchids, valleys and rice paddies.

Price £102.00

CULINARY DELIGHTS OF CHIANG MAI 1900-2200

This evening excursion will take one on a guided culinary tour, where the client will sample the delights of Chiang Mai cuisine, including various mouth-watering local snacks, and the delicious Kao Soi – a delightful coconut curry noodle dish that is unique to Chiang Mai.

Price £49.00

KHANTOKE DINER WITH SHOW 1900-2200

Enjoy a superb Khantoke customary Northern style dinner served in large platters on low table while being entertained by a selection of Traditional Thai folk and cultural performances.

Price £19.00

THAI COOKING CLASS HALF DAY

Unlock the secrets of traditional Thai-style cooking. Have you ever wondered why Thai food tastes so different from restaurant to restaurant? The ingredients are the same, so it should taste the same, you would think...not at all! The best Thai food comes from using the freshest ingredients, along with the skillful art of preparation and combining the right ingredients at the right time to create an exceptional dish. We will take you to the market and explain to you all about the different vegetables, herbs, roots and spices being sold, so you can actually see what these raw products look like before they are cooked. Then we will teach you how to choose ingredients that are fresh and each person will have their own shopping list. We pay for the ingredients. You then cook & enjoy your food.

EXQUISITE SPAS OF CHIANG MAI

Some of the best Spas in the World are nestled in Chiang Mai. Greg will provide a selection of these for you when you are there. Amazing service, natural, local ingredients and unique Spa environments, you could even have your massage next to a waterfall!

As a guide, a 3 hour Spa experience should be no more than £55.

GOLF ENTHUSIASTS

Choose from a range of some of the most wonderful world-class golf courses for a round of golf you will never forget. Golf courses in Chiang Mai are inexpensive but these branded courses, designed by world renowned golfers host world championships regularly.

TOUR BOOKING CONDITIONS AND USEFUL INFORMATION:

Our aim is to ensure you have a most enjoyable holiday and it is therefore extremely important that you read and understand the information provided in this brochure and in particular these conditions of booking. All this forms the basis of your contract with us and when you make a booking with us you guarantee that you have the authority to accept, and do accept, on behalf of all your party the terms shown here. A contract will only exist between us when we issue our formal confirmation. Your contract is with Surreal Holidays Ltd, registered in England and Wales, number 6690344.

Please read these terms and Conditions carefully as they incorporate the basis upon which bookings are accepted by Surreal Holidays & Mostly Massage P/L trading as Mostly Massage Thai Massage, Spa & Yoga Tour and Wellness Tours Asia.

BROCHURE: This brochure was submitted for print on 1st December 2013. While Surreal Holidays & Mostly Massage has exercised reasonable care and skill to ensure that the contents of the brochures are correct accurate and up-to-date at the time of printing, please note that the contents of the brochure is based on information supplied to us by third-party suppliers and we do not have and cannot be reasonably expected to have personal knowledge about all of the facilities or services provided by each supplier as facilities or services may change after the date of printing. This does not mean that Surreal Holidays & Mostly Massage has not undertaken all reviews, familiarization trips and research about the destinations and excursions that appear in this brochure and on-line. Prior to making a booking, you should ask your travel consultant (Mostly Massage or Surreal Holidays) about any changes to the published information of which we may be aware. You should also make sure that if we are advised of changes that occur after booking, we can contact you.

PRICES: The prices in the brochure are valid for travel from 1 December 2013 to 31 October 2014. In the case of Wellness Tours Malaysia the prices are valid for travel until July 2014. The price is only, guaranteed once paid in full by you. Please note that prices quoted in the brochure are subject to change. This may occur due to matters outside our control which increase the cost of the product or service. Such factors include (without limitation) adverse currency fluctuations, fuel surcharges, taxes and airfare increases. Child prices are based on two adults and one child sharing existing bedding, unless otherwise specified. Charges may apply for roll-away beds, cots or additional bedding. Please contact your travel consultant for up-to-date prices. Unless otherwise stated, prices are inclusive of taxes and charges that apply as at 1 December, but they do not include any fees for optional items which are payable directly to third parties. Prices are in Australian dollars and /or Pound Sterling and are valid for travel departing Australia or United Kingdom (unless otherwise stated).

BROCHURE ERRORS AND OMISSIONS: Whilst every effort is made to ensure the accuracy and currency of the information in the brochure, errors or omissions may occur. Surreal Holidays & Mostly Massage disclaims all liability to any party for loss or damage resulting from such errors and omissions. All such errors and omissions identified past the date of publication are notified to our clients. Please check with Mostly Massage or Surreal Holidays for all up-to-date corrections, including prices and inclusions. Surreal Holidays & Mostly Massage P/L arranges specialist, niche tours and holiday packages but is not itself a transport, tour, event or accommodation provider. It acts as an agent for those service providers. It is therefore important for you to obtain and read the service providers terms and conditions applicable to the products in your package. Also, make sure you are aware of any exclusions or limitations of liability imposed by the service providers, some of which may limit or exclude liability in respect to death, personal injury, delay and loss or damage to baggage. Mostly Massage and Surreal Holidays have no responsibility for the products or services provided by these service providers, nor does it make or give any warranty or representation regarding the standard of those products or services. All bookings are made subject to the terms and conditions, including conditions of carriage and limitations of liability imposed by those service providers. Your legal rights in connection with the provision of travel services are against the specific provider and except to the extent a problem is caused by fault on our part are not against Mostly Massage or Surreal Holidays. If for any reason any travel service provider is unable to provide the services for which you have contracted, your remedy lies against the provider and not against Mostly Massage or Surreal Holidays.

LIABILITY: To the extent permitted by law, we do not accept any liability in contract, tort or otherwise for any injury, damage, loss (including consequential loss), delay, additional expense or inconvenience caused directly or indirectly by the acts, omissions or default, whether negligent or otherwise, of third party providers over whom we have no direct control, force majeure or any other event which is beyond our control or which is not preventable by reasonable diligence on our part. Our liability will also be limited to the extent that any relevant international conventions, for example the Montreal Convention in respect of travel by air, the Athens Convention in respect of travel by sea, the Berne Convention in respect of travel by rail and the Paris Convention in respect of the provision of accommodation, limit the amount of compensation which can be claimed for death, injury, or delay to passengers and loss, damage and delay to luggage. Under EU law (Regulation 261/2004) you have rights in some circumstances to refunds and/or compensation from your airline in cases of denied boarding, cancellation or delay to flights. Full details of these rights will be published at EU airports and will also be available from airlines. However reimbursement in such cases will not automatically

entitle you to a refund of your holiday cost from us. Your right to a refund and/or compensation from us is set out in these conditions. If any payments to you are due from us, any payment from the airline will be deducted from this amount. If your airline does not comply with these rules you should complain to the Air Transport Users' Council on 020 7240 6061 www.auc.org.uk.

TRAVEL DOCUMENTS: Travel documents include (without limitation) airline tickets, hotel vouchers, tour vouchers or any other document (Whether electronic form or otherwise) used to confirm an arrangement with a service provider, Travel documents may be subject to certain conditions and/or restrictions including (Without limitation) being non-refundable, non-date-changeable and subject to cancellation and/or amendment fees, all travel documents are non-transferable, all airline tickets must be issued in the name of the passport/photo identity holder; some carriers will deny carriage if the name varies and the booking maybe cancelled. Please review your travel documentation carefully and advise us immediately of any errors in names, dates or timings, it is your responsibility to collect all travel documents prior to travel.

TRAVEL INSURANCE: It is essential that you and all members of your party have adequate travel insurance. Insurance can be purchased through your travel agent, post office, credit card company or other insurers. In general your policy should cover personal accident, death, medical and repatriation expenses, loss of valuables and baggage, cancellation or curtailment, missed departure, delay and legal expenses. Should you or any member of your party decide not to take out travel insurance we cannot accept any responsibility for any costs that arise which would otherwise have been met if insurance cover had been taken out.

PASSPORTS & VISAS: All travellers must have a valid passport for international travel and many countries require at least 6 months validity from the date of return and some countries require a machine-readable passport. It is important that you ensure that you have valid passports-visas and re-entry permits which meet the requirements of immigration and other government authorities. Any fines, penalties, payments or expenditures incurred as a result of such documents not meeting the requirements of those authorities will be your sole responsibility (except to the extent caused by fault on our part). If you need information regarding visa and other travel document requirements for your trip, please ask your travel consultant.

TRAVEL ADVICE: Mostly Massage or Surreal Holidays make no representations as to the safety, conditions or other issues that may exist at any destination. We recommend that you contact the Foreign & Commonwealth Office or visit their website at <https://www.gov.uk/government/organisations/foreign-commonwealth-for-general-travel-advice>, as well as specific advice (including safety alert levels) relating to the destination you wish to visit.

HEALTH: You must ensure that you are aware of any health requirements and recommended precautions relevant to your travel and ensure that you carry all necessary vaccination documentation. In some cases, failure to present required vacation documentation (e.g. proof of Yellow Fever vaccination) may deny you entry in to a country. We recommend that you consult with your local doctor, travel medical service or specialist vaccination clinic before commencing your travel. General health advice for the destination you wish to visit is also available from DFAT see smartraveller.gov.au (for Australian travellers) or <https://www.gov.uk/foreign-travel-advice> (for UK travellers).

TAXES: Certain taxes are mandatory in various countries. There may also be an additional local tax charged at some airports. All taxes are subject to change without notice. All prices and charges in this brochure include Australian GST or UK VAT where applicable.

DEPOSITS & FINAL PAYMENTS: A non-refundable deposit of £350 per person for international bookings and £30 non-refundable deposit per person for domestic bookings is payable within seven days of confirmation –refundable of your reservation. You will be notified at the time of your reservation any additional deposit requirements apply. All deposits are non-refundable for changes of mind or cancellations by you (subject to your rights under EU law (Regulation 261/2004)). Full payment for your holiday/Wellness or Thai Massage, Spa & Yoga package is required at least 60 days prior to departure, or by the set end date or payment deadline specified in individual package conditions, whichever is earliest. If you do not pay us the deposit or your balance by the due date, we reserve the right to treat your booking as cancelled and to apply the appropriate cancellation charges. A deposit holds services requested but does not guarantee prices. Bookings made within 60 days of departure will only be accepted if full payment is received by Mostly Massage or Surreal Holidays at the time of reservation. The price of your holiday may change at any time until the full payment is received and airline tickets are issued. Tickets will be issued within one business day of receiving full payment. If we have to change any part of your booking for reasons beyond our control, For example if an airline changes its schedules, a hotelier over books a hotel accommodation or if there are any changes in applicable taxes or charges, we will notify you any such changes result in your holiday costing more or otherwise being materially different from that originally booked, then you may cancel the holiday and we will refund any monies already paid less any charges levied by suppliers.

YOUR FINANCIAL PROTECTION: We hold an Air Travel Organiser's Licence issued by the Civil Aviation Authority (ATOL number 7299). The Package Travel,

Package Holidays and Package Tours Regulations 1992 require us to provide security for the monies that you pay for the package holidays booked with us. We provide this security by way of an ATOL (number 7299) administered by the Civil Aviation Authority. When you buy an ATOL protected air inclusive holiday package you will receive a Confirmation Invoice from us, or via your travel agent, confirming your arrangements and your protection under our Air Travel Organiser's Licence. For further information visit the ATOL website at: www.atol.org.uk. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for an advance booking.

CANCELLATION BY US: We reserve the right in any circumstances to cancel your holiday and in such an event we shall seek to offer a suitable alternative or a full refund of monies paid to us. Except for events beyond our control (see Important Note above) or if you default on payment we will not cancel any booking within 70 days of the scheduled departure date.

CANCELLATION BY YOU: Should you or any member of your party wish to cancel your booking at any time please notify us immediately. If we have already issued a Confirmation of Booking it is essential that you indicate your intention to cancel in writing to either your travel agent or ourselves. This instruction to cancel must be signed by the person who made the original booking. We will not effect the cancellation until such written advice is received. The following fees apply if we change or cancel a booking at your request. International: after full payment, the cancellation fee on packages will be £350 per person plus any Supplier fees on the land portion of your booking and any airline cancellation fees on the air portion. Domestic: after full payment, the cancellation fee on packages will be £30 per person plus any supplier fees on the land portion of your booking. Domestic airfares are non-refundable.

ALTERATIONS BY YOU: If you wish to change your holiday in anyway after we have confirmed your booking, we will do our best to meet your revised requirements. We do, however, reserve the right to charge an amendment fee of £50 per booking, plus any appropriate additional holiday cost. Any requests received within 70 days of departure may be treated as a cancellation and re-booking and thus subject to the cancellation charges shown below.

ALTERATIONS BY US: Your holiday arrangements may have been made many months in advance and changes can, therefore, occur for a variety of reasons. Many of these changes are very minor in nature and should not affect the overall enjoyment of your holiday. Where they are more significant we will do our best to advise you or your travel agent prior to your departure. In accordance with EU Regulation 2111/2005 we are required to advise you of the actual carrier operating your flight/connecting flight/transfer. We do this by listing the carriers to be used, or likely to be used, on our Confirmation Invoice. Any changes to the actual airline after you have received your tickets will be notified to you as soon as possible and in all cases at check-in or at the boarding gate. Such a change is deemed to be a minor change. Sometimes a major alteration has to be made before your departure. We will give you the options of either a) accepting the revised arrangements, b) transferring to such other holidays as we may have available at its advertised price, or c) cancelling your holiday with a full refund of all monies paid. Compensation will be payable on the scale shown below in accordance with the option you decide to take, unless the change arises as a result of events beyond our control (see Important Note below). A major change is considered to be: a significant change of resort, a change of accommodation to that of a lower category and or price; change of airport other than Heathrow or Gatwick that causes great inconvenience; change of your departure or return by more than 12 hours

SUPPLIER CHANGE AND CANCELLATION FEES: Cancelled bookings may also incur supplier fees, which can be up to 100% of the cost of the booking, regardless of whether travel has commenced. Supplier fees may also apply where a booking is changed and when tickets or documents are re-issued, where we incur any liability for a supplier cancellation fee for any booking which you change or cancel, you agree to indemnify us for the amount of that fee. Where you seek a refund for a cancelled booking for which payment has been made to the supplier, we will not provide a refund to you until we receive funds from that supplier.

REFUNDS: Subject to your refund and remedy rights under the EU Consumer Law, no refund is available for cancellations after the holiday package has commenced or in respect of any tours, accommodation, meals or any other services not utilized. Selected holiday packages consist of a combined airfare and land tour component which cannot be sold and subsequently cancelled and/or refunded separately. Requests for refunds received more than six months after the departure date for travel will not be accepted.

NOT INCLUDED IN PRICE OF HOLIDAY: All passengers are responsible for the cost of their own travel arrangements to and from their departure point (as set out in the brochure). The cost of anything not specifically noted as being included in the holiday package is at the passenger's expense.

PRODUCT DESCRIPTIONS: Product descriptions featured in this brochure are based on current international hotel guides and information provided by hotels and suppliers. Any facilities shown as included are subject to change at anytime. The standard of accommodation and other services is based on various factors, which are generally accepted as indicated of a certain class, however, Mostly Massage does not guarantee the standard, class or fitness for purpose of that accommodation or service.

MAPS & PHOTOGRAPHS: Maps are shown for general information and are an indication only, they may not necessarily reflect actual rulings, hotel and attractions locations or services provided, photographs show places in the geographic

areas, but are not necessarily included in the holiday. Hotel room photographs are representative only, and the actual rooms occupied may vary in decor and inclusions from those shown. Many images are supplied courtesy of tourist bureaux, hotels, schools, spas and tour operators.

PAYMENT FOR TOURS: The prices shown are for bank transfer deposit, payment by cash, or by cheque. We are unable to accept Credit card payments for tours and travel as we are not set up for this form of payment.

PRIVACY POLICY: We are committed to protecting your personal information and agree to handle your personal information in accordance with our Privacy Policy, which is available online at www.mostlymassage.com and www.surrealholidays.com. By providing personal information to us, you agree that our Privacy Policy will apply to how we handle your personal information and you consent to us collecting, using and disclosing your personal information as detailed in our Privacy Policy. In particular; you agree that in certain circumstances (such as where you request us to arrange International travel for you), we are permitted to disclose your personal information overseas recipients. Such recipients may include the overseas travel service provider(s) (e.g. Accommodation or our providers) with whom you seek to make a booking. These travel service providers will in most cases receive your personal information in the country in which they will provide the services to you or in which their business is based. We may also disclose your personal information to our overseas related entities (including those in New Zealand, Thailand and the UK and to service providers who perform services for us outside of Australia). Generally, we will only disclose your personal information to these overseas recipients in connection with facilitation of your travel arrangements and/or to enable the performance of administrative and technical services by them on our behalf. Where we disclose your personal information to an overseas recipient, you agree that we will not be required to ensure the recipient's compliance with the Australian privacy laws/EU laws or otherwise accountable for how the recipient handles your personal information.

BAGGAGE: Carriers publish baggage allowances applicable for carriage over their own services. Allowances include cabin baggage and checked baggage. These allowances tend to be based on a weight allowance or a piece system. We recommend you check your baggage allowance carefully, as you may incur a charge for the carriage of baggage in excess of their free baggage allowance. Carriers also publish baggage safety notices, which detail terms that cannot be carried or can only be earned in checked baggage. Again, we recommend you ask your chosen carrier about the applicable baggage safety requirements.

PRE-DEPARTURE CONTACT: Please ensure your travel consultant advises Mostly Massage or Surreal Holidays of a telephone number or address where you can be reached within 24 hours prior to your departure from Australia or UK.

BOOKING ARRANGEMENTS: To make a booking, select the Wellness option or Mostly Massage Thai Massage, Spa and Yoga Tour. You should do this following communication and discussion with either Greg Morling in Australia or Runci Weeden in the UK. Your reservation(s) will then be made including flights, accommodation and tuition. All reservations are subject to availability at the time of booking. Any verbal quote given is an estimate only and can only be confirmed when the reservation is confirmed and the deposit is received. When a booking is made, the person effecting that booking is deemed to have accepted these terms and conditions on behalf of all people named in the booking. The contract will be governed by and subject to these terms and conditions. No variations to these terms and conditions will be of any effect unless made in writing and with the authority of Mostly Massage or Surreal Holidays. All communications from us will be sent to your travel consultant. Your travel consultant will on receipt of any holiday monies, held such monies for each and every person named in the booking until that booking is confirmed, at which time those monies shall be promptly remitted by your travel consultant to Mostly Massage or Surreal Holidays..

MONIES NOT HELD ON TRUST: All monies paid by you to us will be the property of Mostly Massage or Surreal Holidays and will be a debt due and payable to the relevant supplier (contingent on availing) once the services to which the money relates have been availed or the relevant booking is cancelled (subject to cancellation fees). You agree and acknowledge that such monies will not be held by Mostly Massage or Surreal Holidays on trust for or on behalf of you and we may hold such monies in any account as we see fit including with our own and/or other customer monies.

GOVERNING LAW: If any dispute arises between you and us, the laws of Australia will apply if you are travelling from Australia. If a dispute arises between you and Surreal Holidays as a traveller from the UK then the laws of the United Kingdom will apply. You irrevocably and unconditionally submit to the jurisdiction of the courts of Australia if you are a traveller originating from Australia and irrevocably and unconditionally submit to the jurisdiction of the courts of the United Kingdom if you are a traveller originating from the UK, and waive any right that you may have to object to an action being brought in those courts.

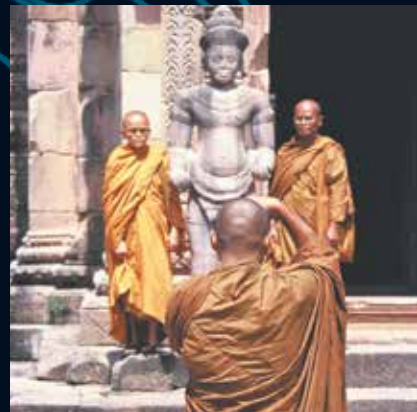
ACKNOWLEDGEMENT: I acknowledge that I am 18 years of age or older and that I understand and agree with the above terms and conditions.

Mostly Massage P/L & Surreal Holidays

Signature:  _____

Date: ____ / ____ / ____

Thai Massage, Spa & Yoga Tour 2014



“Thank you Greg for the opportunity to see the real Thailand. The drivers, tours, accommodation were all just sensational and the Thai massage course is super!”

J, Sydney



**mostly
massage**

www.mostlymassage.com

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Australian phone: 02 9713 9256 or 0409 600 300

UK phone: +44 1628 685 550 or 07879334611

Send form to:

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or email to runci.weeden@surrealhololidays.com
info@mostlymassage.com.au