

**Captijn Insight 9 days**  
**Meditation, relaxation, regeneration and**  
**Mindfulness summer holiday 2017**



*A purifying temporary  
lifetime that is full of  
meaning, lasting happiness,  
health and insight.*

*Former participant:*  
  
"This holiday opened my windows.  
I saw again where I was blind, I heard  
where I was deaf, I taste and smelled  
again what I didn't remember, I felt  
what I had long time forgotten."



[www.captijninsight.com](http://www.captijninsight.com)  
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Learn the art of stopping. Work on your own personal theme and  
find direction of your life mission.  
**June 30<sup>th</sup> – July 8<sup>th</sup> 2017**  
**Huay Sai, Mae Rim, Chiang Mai, Thailand**



**Captijn Insight** ([www.captijninsight.com](http://www.captijninsight.com)). Catalyst in tranquility and insight to get (new) sustainable flow in life, love, family, business, career and work.

## Introduction

*“Nine days’ time for a personal gift to be undisturbed focusing on rest, awareness, mindfulness, ex-tension (out of tension), self-exploration, life mission and transformation ‘purifying’ the mind.”*



Do not dream..., but be aware and mindful! Really feel, hear, taste, smell and see our wonderful and energetic environment. Experience a place of peace, rest, silence and discovering.

With this summer meditation and mindfulness holiday, Captijn Insight combines the Western culture with the Thai (Buddhist) approach. Our package is more than ‘just’ a meditation program. It not only discovers and combines the best from both influences and cultures, but also shows up the best in and out of the participants themselves. Stop with visualizing this idea but come to practice! Far away from your daily activities, back to basic but in a different comfort zone. Enjoy the magic atmosphere of our vicinity and possibilities in authentic Northern-Thailand.

Thailand is an ideal destination for those seeking to learn (more) and benefit from meditation. It is also a sanctuary where visitors are exposed to inspiration and opportunities for spiritual development in a way that is rare in the (Western) world today.

Invest in, and discover more about yourself. Join the Captijn Insight meditation Summer holiday! You are worth it.

## Explanation of the holiday

We start on Friday (30<sup>th</sup> June) at (local time) 15.00 PM and finish at Saturday (8<sup>th</sup> July) at 10.30 AM.

Meditation is ‘medication’ for the mind. Relaxation is a way to let tension go. Both are useful tools for stress control, self-exploration, insight and restore energy.

The effect of the combination of meditation and relaxation is greater than the sum of the parts. In a comfortable setting we practice conduct lectures and/or (group) workshops. Giving you the opportunity to understand yourself on a deeper level and discover new aspects of your being.



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The program activities take, with the exception of the day of arrival and the day of departure, place during the morning, afternoon and sometimes in the evening.

We also work with labyrinths to ‘walk’ to that place within us where the rational merges with the intuitive and the spiritual is reborn.



## The (basic idea) daily Schedule

07.30 AM - 08.30 AM:	Group meditation*
08.45 AM - 10.15 AM:	Optional Yoga Class
10.30 AM - 12.00 AM:	Lecture, group dialogue, Buddhist philosophy.
12.15 AM - 02.15 PM:	Lunch/Rest
02.30 PM - 04.00 PM:	Exercises (breathing, relaxation, re-balancing)
04.15 PM - 06.15 PM:	Optional Herbal steam room and/or massage
06.00 PM - 06.45 PM:	Meditation / relaxation
06.45 PM – 07.00 PM:	announcements for the next day. Informal Q&A.
07.15 PM - 08.45 PM:	Dinner
09.30 PM:	Retire to room

\* = First full day alms offering to monks 6.30 AM  
Thursday special program & different schedule in relation to 24 hours of Nobel Silence practice.  
This is a sample schedule and is subject to minor changes.

## Target group

Although the program is open for individuals, couples and groups it is focused to *personal* moment to moment experience. You need to be interested in the adventure and challenges of self-exploration and transformation and wish to taste and explore new ways of knowing, different ways of seeing and new ways of being. No knowledge or practical skills are required.

## Who is hosting and guiding?



**Frans Captijn**, living in Thailand since 2012, is guiding and hosting this meditation holiday.

Frans, born in Haarlem-NL in 1957, originally was a manager and CEO in (international) Crises and Disaster organizations for over 30 years. He is the founder of the Captijn Insight (before Villa-Asia) concept.

His mission is to help people and organizations in a creative way to discover their authentic approach to adapt, grow and transform in the present world. So they can fulfill their mission and 'live life' freer, lighter, with more fun, awareness & engagement.

His experience, background and education he got in the hospitality branch, as an international constructional engineer, in Crisis and Disaster management and in his private life. He is skilled in personal leadership & development, organizational development & change, hosting leadership, acting, meditation and life- & talent-coaching.

He is author of the (Dutch) book: 'Search for personal mastery'.



For some parts of our program we work together with the Buddhist University of Chiang Mai 'Wat Suan Dok', monks of (local)

temples and other locals.

## What is in the Summer holiday?

During the 9-day (eight nights) meditation and relaxation summer holiday you will;

- Get an explanation of the program and mutual (work) appointments.
- Have an average 2 hours a day, guided, mindfulness meditation practice (sitting, standing, walking & lying down) . Dedicated to Samatha (tranquillity/ focus) and Vipassana (insight) meditation and an average 1 hour a day of relaxation, re-balance and breathing exercises.
- Work on talents, and life mission.
- Have an average 1,5 hour a day lecture and/or group dialogue, Buddhist philosophy, Mind Science, private



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exercises, overall well-being & balance, including inquiry exercises to enhance awareness in everyday life.

- Work with heart coherence (relaxation and revitalization at the same time) technology and Skin Response Monitoring (biofeedback, stress level) devices.
- Experience meditation near rice fields, a lake and near and/or a waterfall or cave.
- Experience a day of 24 hours Nobel silence.
- Make use of inspirational poems, philosophic texts, mantra's, music- and video fragments, etc. to lighten up your mind.
- Walk the archetypal Cretan (Classical, seven-path-type) Labyrinth and work with the Chartres Labyrinth.
- Work not only at the Villa-Asia townhouse and location but also make use of the neighbouring temples and nature.
- Work on personal development and/or personal life themes where or if necessary and within possibilities (max. 1,5 hrs per guest).
- Closing dinner at the last evening.
- Possibilities for (additional) daily Yoga class and/or 3,5/7 days detox program.
- Free use of all standard facilities as two pure water swimming pools, outdoor exercise loop equipment.
- Additional use of Tennis court, spa with traditional Thai steam room, whirlpool, two infrared saunas and (Thai) massages.

## Location



For our program we use, as a base, Villa-Asia and its vicinity. The Pavana Chiang Mai

Resort and the Spa Resort Chiang Mai Residences. Amphur Mae Rim, Chiang Mai, Northern Thailand.



The Pavana Chiang Mai Resort has a unique blend of Lanna architecture, comfort accommodation, and comprehensive wellness programs. It is an oasis for those who seek to rejuvenate their body and mind. Offering certified organic produce from farm to table, the resort provides wholesome nourishment for guests

in heart and mind. Nestled within the lush nature of Mae Ann Valley, The Pavana Chiang Mai Resort is approximately 45-60 minutes from Chiang Mai International Airport.

You'll find more information on our Captijn Insight website: (<http://www.captijninsight.com/en/about-captijn-insight-/captijn-insight-location.htm>).

Want to have a short movie impression?  
<https://www.youtube.com/watch?v=mTckIFFF4XI>

## Terms & Conditions

The program (in English and/or Dutch) is, like you've already read on the website of Captijn Insight, free of alcohol and (basically) also smoke free.

You give your mobile phone and other supporting media equipment throughout the whole meditation holiday also a eight days rest. Of course we will ensure that you (for exceptional cases) are accessible for the 'home front'.

Basic principle for **all** our programs and courses is that you have a good physical and mental health and a reasonable condition.

Have any questions? Please contact us.

The food and drinks served by the Thai chefs of The Pavana Chiang Mai Resort are (overall) organic and detoxifying. On demand they serve vegetarian and/or raw food meals.

Number of participants: maximum 10.  
In case of less than 2 participants, we are unfortunately forced to cancel this program.



All participants have to respect each other. Work agreements have to be signed in advance.  
For our 'field-trips' we make use of 'local transport' like scooters, Songthaew and/or Tuk-Tuk.

### About clothing:

We advise comfortable, loose, soft, not distracting (white) clothes (possible to buy or rent at our place as well). Loose pants and T-shirts made of cotton are fine for anybody.



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After subscription you will get further information to prepare yourself for this holiday.  
You can find all terms and conditions for our programs at our website: [www.captijninsight.com](http://www.captijninsight.com) (Under 'How to subscribe' and 'About Captijn Insight').

## Investment

This meditation retreat asks an investment in time, energy and money. Participation costs, based on a single room, are 64.500 Thai Baht per person.  
(Check <https://www.google.com/finance/converter> to find the actual price in your own currency. Money transfer at your costs)

For couples who use one room or guests sharing a room (if possible), 56.500 Thai Baht per person.

☼☼ Summer meditation participants are responsible for their own flight arrangements (not included).

☼☼ Chiang Mai International Airport (CNX) is the destination airport.

### Included is:

☼☼ 9-day program.

☼☼ 8 Nights (air-conditioned) accommodation and stay in 'Pool the luxe room' incl. Breakfast in accordance with the Captijn Insight formula 'What's included' (<http://www.captijninsight.com/en/our-programs/what%2527s-included%253f.htm>).

☼☼ Complimentary optional airport pickup service from and to Chiang Mai International airport or 'Starbucks - Thapae gate' in the center of Chiang Mai.

☼☼ Information, Instructions, Schedule-brochure.

☼☼ Certificate

### Refunds:

☼☼ 80% refund till 90 days before start of the course.

☼☼ 50% refund till 60 days before start of the course.

☼☼ 40% refund till 30 days before start of the course.

☼☼ No refund 30 days before till start of the course.

Please note: the Summer Course / Captijn Insight shall not be liable for any fees or penalties whatsoever for flights or other loss due to cancellation.

## More information?

e-mail: [captijninsight@gmail.com](mailto:captijninsight@gmail.com)

A confirmation email will be sent within 7 days once your application is received. Your space will be confirmed ONLY when payment (transfer at your costs) is successfully made.

After signup and placement you'll also receive comprehensive and specific information to prepare yourself for this meditation, relaxation, contemplation and regeneration summer holiday.