

Practical Information - Ultimate Healing Part 2 In-person Chiang Mai, May 2023

The Venue

A quiet location in a typical Thai village, called [Pong Noi](#), bordering the edge of the Chiang Mai national park – perfect for this Intensive! Take a look at the video below.



Venue Show Round Video

[Watch video](#)

Dates

Ultimate Healing Part 2

- **Glands: 8-13 May, 2023**
- **Spine: 15-20 May, 2023** (Glands is a prerequisite)
- **Cranium: 22-27 May, 2023** (Glands & Spine are prerequisites)

There will be an After Care online Zoom session with me available to all students, 1-2 weeks after the end of the third week.

[Dragon Magick](#) workshop on 30-31 May, 2023 at the same venue.

Timings

The Ultimate Healing Intensive days will start at 10am each day. The finish time is variable – depending on when your particular session finishes.

Transport

The venue is a 15-minute drive from the city centre of Chiang Mai. The nearest accommodation is a 5-minute drive from the venue. Transport will be required.

Option 1:

- If you are a proficient driver, you can hire an automatic scooter for a daily, weekly or monthly fee. These will vary depending on the demand. Average is \$6 per day or \$114 per month. This can normally be arranged through your accommodation (please check in advance) or you can hire one from the city.

Option 2:

- You can hire a car but these tend to be much more expensive and there is limited parking at the venue.

If you choose to hire any vehicle, please make sure you have an international drivers licence and insurance. Police checks are not uncommon.

Option 3:

- If you cannot or don't want to drive then you can easily arrange private transport using the app called Grab. You can book either a scooter taxi or a car taxi at a reasonable cost. If there are a few of you in the same accommodation then you can share a Grab taxi car, but remember, people will be finishing the course at variable times so you may want to take your own scooter.



Food

You are encouraged to follow a mostly raw diet throughout (and ideally for 1 month preceding) the Intensive and to take additional supplements. The raw diet can be hard to follow especially if you are travelling, so as a guideline, try to eat more fruits and have some raw food with every meal. Enzyme supplements can also be taken with meals before and during the course. See [Peter's information](#) on why the enzymes are so important or contact peteraziz.ultimatehealing@gmail.com with questions.

Recommended Supplements:

Enzymes: I recommend Enzymes International Food Enzymes, or NOW plant enzymes.

Minerals: You can use any multimineral, preferably in colloidal form. I use [Enzymes International Co-enzyme minerals](#) in quart bottles i.e. liquid form (1 quart = 32 fl oz = 946 ml) and also in capsule form, in bottles of 100. You can buy them directly from Enzymes International's website. I also use bodybynature multivitamins. These are food form.

N.B. Please purchase your own enzymes and minerals as suggested above before attending Part 2 of the course. If doing all 3 weeks, you will need 2x bottles of 100 minerals.

It is good to take more superfoods together with a few minerals and enzymes during your healings. See Peter's [blog on nutrients for healing](#).

Contact peteraziz.ultimatehealing@gmail.com if you need help with nutrients.

A raw lunch and dinner will be provided as part of the course cost. You will need to organise your own raw breakfast but this can be easily done with fruits, soaked nuts, etc. You can also use the food delivery services via the apps such as Grab and Food Panda.



Getting there:

You can search for flight costs and details on <http://www.skyscanner.net/>.

- Option 1 is to fly to Bangkok and take an internal flight or train to Chiang Mai.
- Option 2 is to fly direct to Chiang Mai.

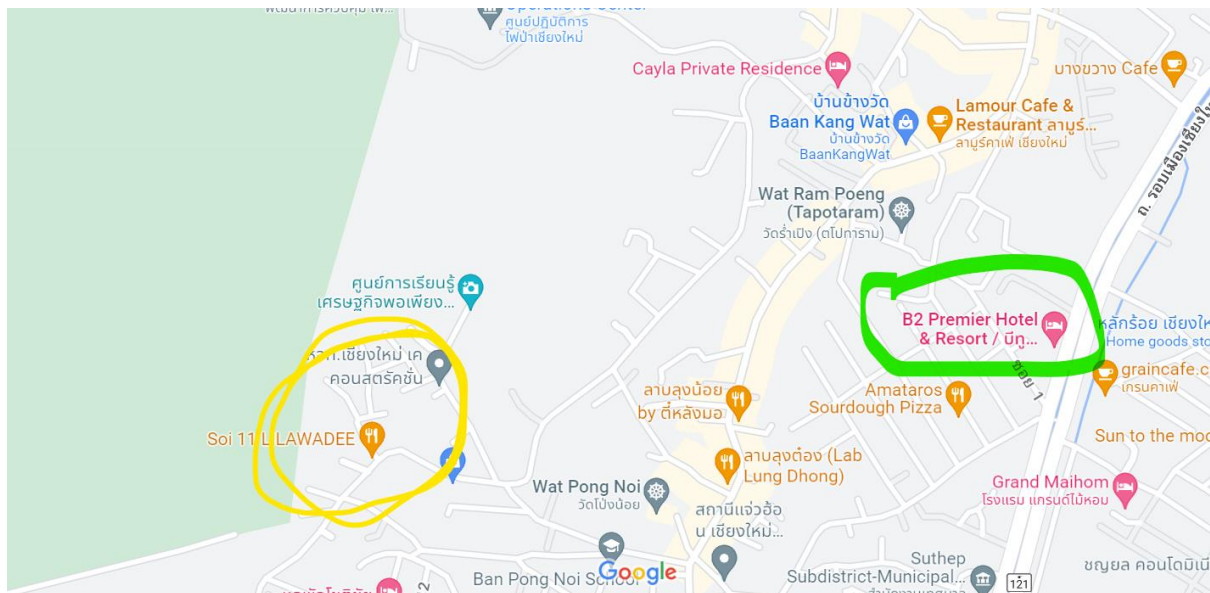
Visa: Due to the current situation, please contact the Thai Embassy in your country, or visit the relevant website for accurate and up-to-date information. You may want to look into obtaining a 2-month visa so that you have the option to enjoy some time in Thailand before and after the course.

You will normally be able to arrange an airport transfer with your hotel to take you to your accommodation. Other options are to arrange a Grab taxi once landed or take a taxi from the taxi stand at arrivals. Chiang Mai is a small airport and easily navigated.

Accommodation

Prices vary, depending on your requirements. There are a variety of options in and around the village of Pong Noi. The average price is \$16 per night. Discounts may be available for long stays (1 month or more is suggested).

The approximate location of the venue in Pong Noi is highlighted by the Yellow circle on Map 1. The green circle shows the proximity of one of the suggested hotels. This is a 1.6km walk or 6-minute drive.



Map 1 - Approximate venue location.

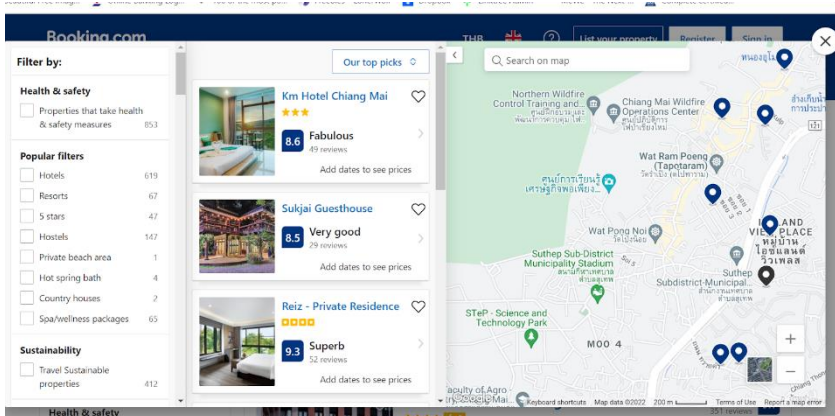
In Map 2 you can see the proximity of the venue and 2 suggested main hotels near the village.

- B2 Premier Hotel & Resort - Check [here](#) on Agoda.
- The Star Hill Condo - Check [here](#) on Booking.com.

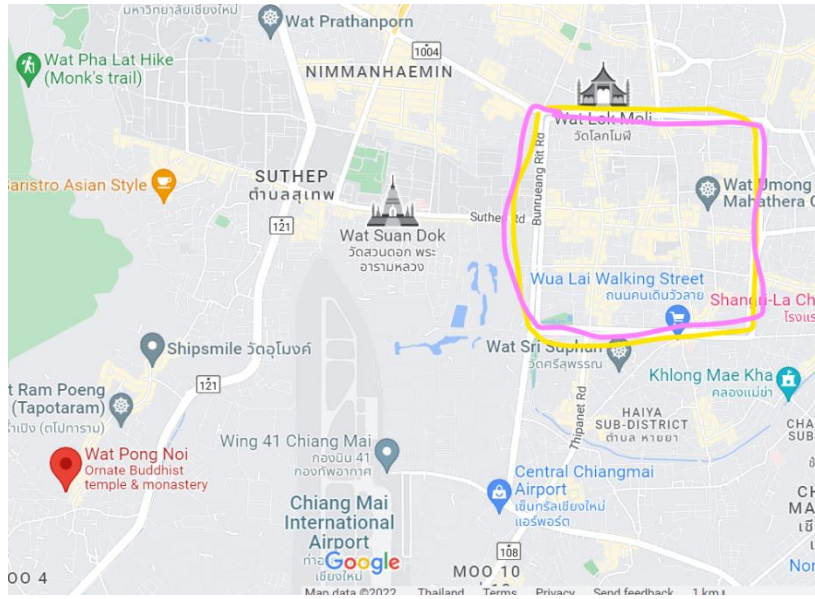


Map 2 - Proximity of 2 suggested main hotels.

You can check [Airbnb](#) for properties around Pong Noi or take a look at [Booking.com](#) or [Agoda](#). You may also like to ask the locals in the Facebook group [Chiang Mai Conscious Community](#) for a sublet or short-term deal.



You can also stay in Chiang Mai itself, if you are willing to drive to the venue. This is suggested for experienced scooter drivers only as the traffic can be busy and you will be required to drive on main roads.



Map 3 - Pong Noi Proximity to Chiang Mai Old City.