

Ginger Adam Little and Norman Brown reunite as co-facilitators for their second extraordinary experiential retreat in the beautiful country of Thailand. Participants can anticipate a magnificent and enriching journey into self-discovery.



Embark on a transformative 10-day retreat with Ginger and Norman at a breathtaking, secluded retreat center, nestled between lush green rice fields and a serene river.

Each day, delve into growth through innovative techniques, dynamic exercises, and personalized sessions. Ginger and Norman's combined expertise and personal experiences will guide your journey.

Experience the wonders of Thailand, savor incredible cuisine, and enjoy excursions designed to blend fun and personal growth. From exploring the historic Sukhothai ruins to relaxing by the pool with fellow participants, you'll be invited to expand and evolve through introspective processes.

Make this unparalleled retreat a 'bucket-list' priority for an unforgettable journey of self-discovery.

## *For Additional Information & Course Application*

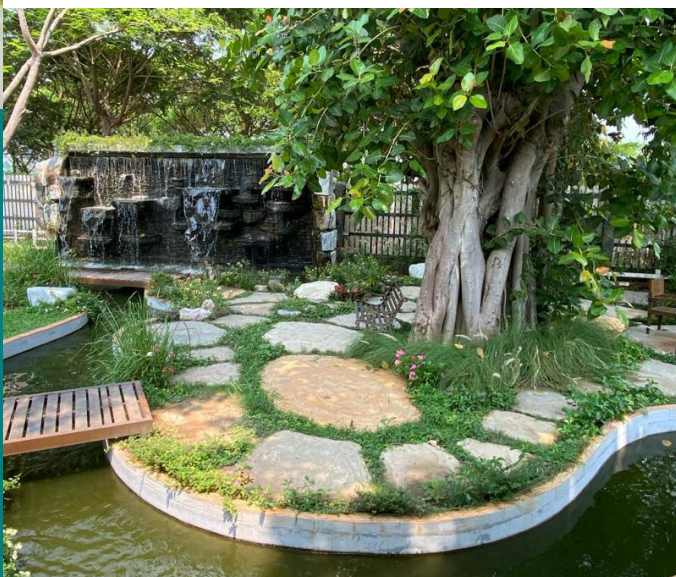
**contact:**

**NORMAN BROWN**

**WHATSAPP: +66 92 508 8212**

**EMAIL: nb879\_108@gmail.com**

*If you have questions about the course and would like to talk on the phone or WhatsApp, we can set up an appointment to meet.*



*Register As Soon As Possible.*

*Once accepted for the course, you will receive detailed information about visas, suggestions for flights, and what to bring and what not to bring.*

*Course Capacity: 12 participants only*

## *Transformational Vacation in Thailand*



**October 5 - 15, 2024**

**A place and time for your body to rejuvenate, your mind to expand and your spirit to soar.**

# Luxurious Transformational Vacation in Thailand

## A SANCTUARY FOR REJUVENATION, EXPLORATION, AND SPIRITUAL ELEVATION

Experience an extraordinary 10-day and 11-night wellness retreat with the esteemed Ginger and Norman at the exclusive Samhita Retreat Center. Nestled in serene seclusion between lush green rice fields and a tranquil river, this retreat offers an unparalleled escape from the world.

## DAILY ENRICHMENT AND PERSONAL GROWTH

Each day is a journey of growth, featuring advanced techniques, enriching exercises, and personalized sessions. Ginger and Norman combine their extensive knowledge and personal experiences to expertly guide you on your transformational path.



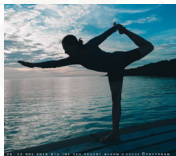
## IMMERSE IN THE WONDERS OF THAILAND

Savor Thailand's incredible cuisine and captivating culture. Our program seamlessly blends exhilarating excursions with profound personal growth. Visit the historic Sukothai ruins, relax by the pristine pool, and engage in meaningful discussions with fellow participants.

## A LIFE-CHANGING EXPERIENCE AWAITS

If you have always dreamed of visiting Thailand but didn't want to embark on the adventure alone, this luxurious retreat is your perfect opportunity. Designed to harmonize fun, exploration, and personal development, this journey is tailored for those looking to expand their personal horizons.

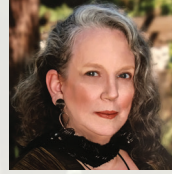
Embrace the chance to explore and grow, guided by processes that inspire profound change. Join us at **Samhita Retreat Center** for an unforgettable journey of transformation, where every moment is crafted to elevate your body, mind, and spirit.



Your Yoga Instructor  
**TIEW**



# Course Leaders' Bios



## GINGER ADAM LITTLE, MS, *Licensed Marriage and Family Therapist (32446)*

Ginger Adam Little, MS, has over 35 years of experience in trauma, abuse, neglect, and abandonment. As a Master Gestalt Psychotherapist, she specializes in helping men who faced harsh criticism and lack of nurturing during childhood, developing techniques to aid their healing.

Ginger is known for her "Experiential Weekend Events, guiding 8 to 12 participants through 30 to 40 hours of deep inner work over 3 to 5 days. She has facilitated more than 75 of these events in the past 30 years.

Ginger resides in Woodland Hills, California, where she has a private therapy practice.



## NORMAN BROWN

Norman's journey highlights the power of meditation and life-changing techniques. Raised by his Cherokee grandmother, he developed deep empathy and compassion. His spiritual quest began at eight and solidified with meditation at twenty-seven.

With nearly fifty years of meditation and twenty years of teaching, Norman has created unique methods for personal change. He founded a retreat center on Koh Phangan, Thailand, where over 6,000 people experienced growth. His wisdom from global teachers and personal insights inspires others on their paths to self-discovery and healing.

Norman's resilience through physical and emotional challenges has strengthened his compassion and understanding.

"Your mantra is your best friend; it will always be there for you."

# What The Course Includes:

- **Transportation** to and from Bangkok Airport
- **11 nights (Breakfast included)**
- **Three Excursions**
- **Retreat Coordinator** will be available to support you and your needs from day zero until you are dropped off at Suvarnabhumi airport.
- **Yoga instructor** for 7 group sessions during the morning. Beginners level yoga.
- **Daily Meditation** practice with instruction. Questions and Answer sessions with Norman.
- **Course Practices And Techniques:** featuring engaging group discussions, hands-on exercises, practical processes, and personalized one-on-one sessions, available throughout the day and into the evening.
- **Course Supplies**
- **Selected Treats and Beverages**
- **One Thai Massage**

## Not included:

- Airfare to and from Bangkok, Thailand.
- Meals not included above.
- Transportation in Bangkok or other parts of Thailand.
- Visas, passports, travel documents or insurance during your stay.

## Price Per Person:

**\$4,510 (USD) Double occupancy**  
**\$4,975 Single occupancy**

**Early Sign up and Full payment 60 days prior to the course: \$500 Discount**

**Previous course with Norman or Ginger: \$250 discount.**



Retreat Coordinator  
**O KANJANA**