



**Power to Pursue**



True Body Travel:  
Cambodia, January 2027.  
With Power to Pursue.



# Learn. Connect. Expand WITH THE WELL

Embark on a transformative journey and explore wellness in Cambodia with Stacy Sims, Founder of The Well and frequent guest teacher in Cambodia.



TOUR TEMPLES



CULTURAL EXPERIENCES



HEARTFELT CONNECTIONS



Great Value, High Impact  
Service Learning



## Learn. Connect. Expand

Equal parts collaborative, experiential education on integrative practices for wellness and field work and service learning with area organizations.

### PRELIMINARY ITINERARY

January 10 & 11 – Travel from U.S. to Phnom Penh

January 12 – Van Travel to Siem Reap

January 13 – Sunrise at Angkor Wat

January 14 – Van Travel to Phnom Penh

January 15 to 17 – True Body Training at United Yoga Asia Studio

January 17 – Harpswell Foundation Session

January 18 to 21 – Field and cultural work. Visits with EYC schools, Penh Lenh, Water Blessing, Museums and History Centers. Power to Pursue Social Innovation sessions.

January 22 to 24 – Travel to Cambodian Island

January 25 – Last day Phnom Penh, Travel home.

NOTE: The days are designed with space for resting, integrating, touring, spa time, pool time and exploration. Stacy will help you shape your schedule.



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### PRICING

**Training + Curated Experiences:** \$900 (\$400 deposit with \$50 off if paid prior to October 1, 2026)

**Air Travel:** \$2100 and up\*\*

**Accommodations:** \$30 - \$60 a day.\*\*

**Incidentals:** Food, activities, massages. Very affordable.

**Side trip to Siem Reap/Beach:** Van is \$10 - \$35 per person, Island Ferry is around \$25 per person.

**Total Investment Average:** \$5250

\*\*Most of us will stay at the Patio Hotel (rooftop pool, approximately \$45 a night including breakfast). Stacy can share what flights generally work best.



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