The participants arrive at their new home where they will live under new rules, undergo self-development training, and practice meditation.
People from all parts of the world of diverse cultural background, come together on an island searching for peace, love, and happiness. Little do they know that the journey they are about to embark will give them all of these things that money cannot buy and more …
Everyone is a little shy or nervous on their first day of school. Why? Because everyone you see is a stranger. For these people, shyness and nervousness are easily melted away as they reveal their true identity and embrace others.
BUBBLES

Reconnect with your inner child. Bubble blowing symbolizes the peace energy that is generated from each individual person. That person then spreads the energy that is soft, light, and pure to others.
Humans are composed of body and mind. What we do with our body affects our mind and vice versa. Yoga incorporates breath control, simple meditation, and the adoption of specific bodily postures, that is practiced for health and relaxation.
Experience moving meditation guided by a professional yoga instructor as the sun rises.
MEDITATION
Meditation is the state of the mind that is focused, relaxed, and peaceful. It is a tool that is used to help still the mind. If you are looking for inner peace and true happiness, look no further because inner peace and true happiness can only be attained from within. Experience true nature as you meditate under the Avatar Tree. Feel the peaceful energy as you're surrounded by tall trees, sounds of birds chirping, and the cool breeze of the island.
S A B A I

is a Thai word that means relaxed, comfortable, and peaceful. It applies to both body and mind. In meditation, it is important that your body and mind are sabai.
Once we have peace of mind, then we can put it into action. Spread peace to others by lending a hand to help clean the environment. This meditation room, for example, is a shared place where one can freely disconnect from all things and connect with peace.
A clean environment means a clean mind. As we clean our surrounding, we are also cleansing our mind.
CLEAN IN
CLEAN OUT
GOOGLE WITH MONKS
An icebreaking activity that allows the participants to ask the monks any questions they may have regarding meditation, Buddhism, the meaning of life, ANYTHING! It is also a great way for them to get to know the monks. Who they were? What they did? And why they decided to become monks?
MEDITATION CLINIC

Got a question that needs answering? Feel free to ask anything! All of your questions will be answered by professional teaching monks privately and personally.
PIPO NIGHT

It's never the right time to say goodbye. This is a night to remember as everyone gathers to meditate and share their experiences and feelings, surrounded by candle lights.
Strangers from all parts of the world united here as one. They discovered that inner peace, love, and true happiness are precious things that can’t be bought with money and can only be attained from within. Through this amazing journey, they’ve made new friends, meditated with wise teaching monks, and acquired the tools and knowledge to live a balanced life of peace and happiness.
Peace Revolution believes that world peace is possible that begins with each individual finding inner peace and then spreading it to others. Hence the slogan:

**Peace In Peace Out**

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