



LAYAN
LIFE
BY ANANTARA

MINDFULNESS FOR LIFE

MINDFULNESS FOR LIFE RETREAT



MINDFULNESS FOR LIFE

For a profound connection to inner calm

Learn tools that will serve you for life with a guided mindfulness quest in nature's calm embrace. Activities like yoga, tai chi and singing bowl sound therapy help to release stress and mental exhaustion, reconnect to your higher purpose and surrender to inner peace.

Creating the inner environment for healing, physical experiences include cryotherapy, IV drips, Chi Nei Tsang and colonic hydrotherapy, as well as Traditional Thai Medicine treatments, facials, massages, and personal training.

This retreat is ideal for anyone who lives a busy life and wants to increase stress resilience and reconnect to what is personally meaningful.

MINDFULNESS FOR LIFE RETREAT	3N	5N	7N	10N
TOTAL PRICE OF RETREAT (incl.Full board)	61,600 THB	100,000 THB	128,800 THB	158,000 THB
Wellness Initial Consultation	1	1	1	1
Wellness Follow up Consultation	0	0	1	1
TTM Initial Consultation (Vitality TTM Consultation)	1	1	1	1
Epigenetic - Cell Wellbeing Test	1	1	1	1
Myer's Cocktail Infusion	0	1	1	1
Energy Infusion	1	1	1	1
Nicotinamide Adenine Dinucleotide(NAD+) Infusion	0	0	1	1
TTM Massage ("Rajasamnak")	1	1	1	1
Sweet Herbal Dreams (with Head massage)	1	1	1	1
Fleur de Sil Scrub & Wrap (Herbal Scrub and Wrap)	0	1	1	1
Pain Management	0	1	1	1
Moti Dynamic Postural Analysis	0	1	1	1
Cryotherapy	0	1	1	1
Hyperbaric Chamber - Hyperbaric Oxygen Therapy (HBOT) ¹	0	0	0	1
Chi Nei Tsang	1	1	1	2
Colon Hydrotherapy	0	1	1	2
Hydrafacial Therapy Mini Facial	1	1	1	1
Alkaline Bath Ritual	0	1	1	1
Yoga	1	1	1	1
Tai Chi	1	1	1	1
Sound Healing with Singing bowls	0	1	1	1
Super Stretching	0	0	2	2
Personal Training	1	1	2	2
Signature Massage	1	1	1	1
Sea Shell Herbal Therapy	0	0	0	1
Total number of Treatments	12	20	25	29

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