



LAYAN
LIFE
BY ANANTARA

MINDFULNESS FOR LIFE



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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

MINDFULNESS FOR LIFE RETREAT	3N	5N	7N	10N
TOTAL PRICE OF RETREAT	52,360 THB	77,440 THB	109,120 THB	168,960 THB
Wellness Initial Consultation	1	1	1	1
Traditional Thai Medicine 'Vitality' Consultation	1	1	1	1
Brain Function Support Infusion	0	0	1	1
Enhance Immunity Infusion	0	0	0	1
Energy Boost Infusion	1	1	1	1
Sweet Herbal Thai Acupressure (with Head massage)	1	1	1	2
Accupressure Therapy	0	0	1	1
Reiki/Energy balancing	1	1	2	2
Pao Ya - Heated Herbal Therapy	0	0	1	1
Maya Massage (Abdominal massage)	1	1	1	2
Colonic Hydrotherapy	0	1	1	2
Meditation / Pranayama Breathing	1	2	2	2
Yoga/ Tai Chi	1	1	1	2
Singing Bowls Sound Healing	1	1	1	2
Craniosacral therapy	0	1	1	2
Tranquil Thai Herbal Ritual Bath	1	1	2	2
Cryotherapy	1	1	2	3
Thai Aqua Vitality Ritual	1	1	1	2
TTM Workshop	0	1	1	1
Super Stretching	0	1	1	2
Hyperbaric Oxygen Therapy (HBOT)	0	1	1	2
Pilates Plus	0	0	0	2
Pain Management	0	0	1	1
Total number of Treatments	12	18	25	38

The price includes treatments and a 10% service charge. Meals and accommodation are excluded.

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