

RESIDENT PRACTITIONERS

ALLEN LOTTMAN

Allen Lottman has facilitated release work therapy sessions since 1988. He is a certified practitioner and offers private sessions in "Directed Breath Work", "Yohti", and "Reiki Energy Healing". He also leads Workshops and Retreats.

Reiki Energy Healing

Reiki is a hands on energy healing that originated in Japan, and is now practiced all over the world. This relaxation energy healing and balancing session, promotes better blood circulation and energy flow, calms the body, and often reconnects the guest with their higher self (soul).

Duration: 60 minutes

Individual Session: THB 6,200++ per person

What to wear: Comfortable clothes

Cancellation policy: 4 hours prior to avoid 100% charge



Yohti Spiritual Healing

Experience a deep emotional, physical, and spiritual release, with a "Yohti Sound Healing Session". In this session Lottman works with Yohti energy, his, and the guest's spiritual guides, Octo, and "The Tibetan Beinghood", to facilitate a powerful release, spiritual healing, and a deeper connection with their higher self.

Duration: 90 minutes

Individual Session: THB 10,000++ per person

What to wear: Comfortable clothes

Cancellation policy: 4 hours prior to avoid 100% charge



Directed Breath Work

Through proprietary practices of "Breath Work", Allen works with the guests body's memory to powerfully release trauma, emotional pain, and physical pain. His technique bypasses the controlling mind, and works directly with the feeling part of our body that is holding the physical, or emotional pain. After a powerful release is experienced, the guest is left with a sense of greater inner freedom and lightness.

Duration: 75 minutes

Individual Session: THB 8,600++ per person

What to wear: Comfortable clothes

Cancellation policy: 4 hours prior to avoid 100% charge



YUKARAM PRAJUKEESAKUL

Yukaram Prajukeesakul is a professional yoga instructor specializing in Ashtanga Yoga, Bhakti Yoga, and spiritual healing. His techniques integrate disciplined physical practice with breath, devotion, and inner awareness, creating space for both physical strength and emotional healing.

Yoga

Elevate your wellbeing with a customized yoga program tailored to your body condition and personal goals. Each session includes personalized supervision and a combination of Asana, Pranayama, and meditation.

Duration: 60 minutes

Individual Session: THB 3,000++ per person

Group Session: THB 7,500++ for up to five people

What to wear: Comfortable clothes

Cancellation policy: Free if canceled at least 24 hours prior; late cancellations or no shows incur penalty charges.

JANE KASK

Jane Kask is a dedicated Wellness Coach specializing in modalities that strengthen the physical body and regulate the nervous system. Her approach enhances overall wellbeing by improving mobility and promoting deep recovery.

Functional Fitness Coaching

Comprehensive movement training balancing high intensity exercise with restorative recovery.

Duration: 60 minutes

Individual Session: THB 4,000++ per person

Couple Session: THB 6,000++ for two people

What to wear: Fitness attire

Cancellation policy: Free if canceled at least 24 hours prior; late cancellations or no shows incur penalty charges.



Conscious Connected Breathwork

Guided rhythmic breathing technique bridging the conscious and subconscious mind. Continuous breathwork fosters deep relaxation, emotional release, and inner clarity.

Duration: 90 minutes

Individual Session: THB 6,000++ per person

Couple Session: THB 9,000++ for two people

What to wear: Comfortable clothes

Cancellation policy: Free if canceled at least 24 hours prior; late cancellations or no shows incur penalty charges.



SVETLANA KAIVALYA

Svetlana Kaivalya is a master of sound therapy and holistic healing, which facilitates transformative sessions that release emotional blocks, restore energy flow, and foster profound wellbeing. Her work is dedicated to inducing deep states of presence, reducing stress, and fostering profound wellbeing.

Sound Healing Journey

Embark on a life changing sound therapy experience. The soothing vibrations of singing bowls and ancient instruments help relieve stress, improve concentration, and restore balance.

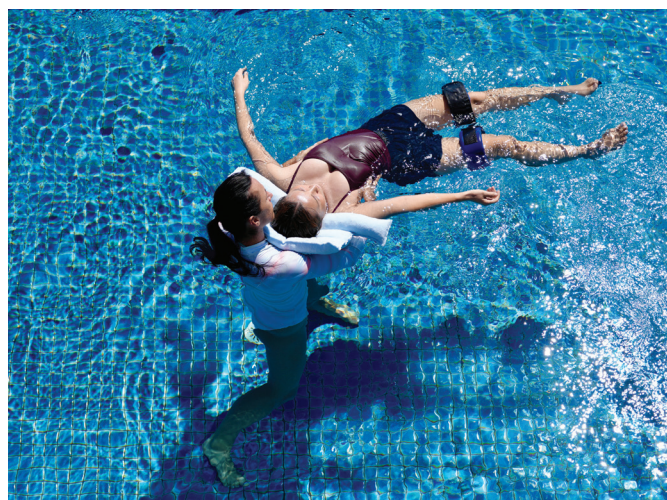
Duration: 90 minutes

Individual Session: THB 6,000++ per person

Couple Session: THB 9,000++ for two people

What to wear: Comfortable clothes

Cancellation policy: Free if canceled at least 24 hours prior; late cancellations or no shows incur penalty charges.



Watsu/Sound Bath

Experience a profound sense of tranquility with an immersive wellness journey that combines the restorative power of Watsu (Water Shiatsu) with the meditative resonance of a Sound Bath.

Duration: 60 minutes

Individual Session: THB 8,000++ per person

Couple Session: THB 10,000++ for two people

What to wear: Comfortable clothes

Cancellation policy: Free if canceled at least 24 hours prior; late cancellations or no shows incur penalty charges.