

MINDFULNESS *FOR LIFE*

Nervous System Reset & Emotional Renewal

Mindfulness for Life is a deeply restorative mental wellbeing retreat designed to calm the nervous system and support emotional healing. The programme integrates mindfulness practice, breathwork, energy-healing therapies, Thai Traditional Medicine, sound healing, and nature-based therapies to release stress, improve sleep, and rebalance emotional wellbeing, supporting guests in reconnecting with themselves and restoring a peaceful state of mind.

Retreat Purpose

Emotional reset, stress relief & nervous system recovery.

Ideal For

- Burnout and emotional exhaustion
- High-stress lifestyles
- Sleep disturbance or poor sleep quality
- Anxiety, mental overload, or overwhelm
- Guests seeking inner calm and emotional clarity

Guest Outcomes

Guest typically experience:

- Deep relaxation and nervous system reset
- Improved sleep quality and restfulness
- Reduced stress and emotional fatigue
- Greater emotional grounding and clarity
- A renewed sense of calm, resilience, and inner balance



TREATMENT INCLUSIONS

Treatment / Service	Duration	3 Nts	5 Nts	7 Nts	10 Nts
Wellness Initial Consultation	60	1	1	1	1
Nutrition Assessment	30	1	1	1	1
Sleep Test	15	1	1	1	2
CGM — Continuous Glucose Monitor	15	1	1	1	1
Wellness Follow Up Consultation	30	0	1	1	2
Psycho-Emotional Assessment with Bio-Well Energy Measurement	30	1	1	1	2
Thai Medicine Workshop	60	0	1	1	2
Thai Medicine Vitality Consultation	60	1	1	1	1
Energy Balancing / Reiki	60	1	1	2	2
Auricular Therapy	60	0	1	1	1
Craniosacral Therapy	60	1	1	1	2
Biofield Therapy	60	0	1	1	1
Tao Visceral Manipulation	60	0	1	1	2
Sound Healing	60	1	1	1	2
Thai Tranquil Touch Massage	90	1	1	1	2
Tranquil Thai Herbal Ritual Bath	20	0	1	1	1
Sweet Herbal Thai Acupressure	60	0	1	1	1
Maya Abdominal Massage	30	0	0	1	1
Colonic Hydrotherapy	60	0	0	1	1
Brain Function Support Infusion	60	0	0	1	1
Hyperbaric Oxygen Therapy (HBOT)	45	0	0	1	1
Neuro Focus Support IV Infusion	60	0	0	0	1
Meditation / Pranayama Breathing	60	1	1	2	3
Yoga / Tai Chi	60	1	1	1	2
Super Stretching	60	0	1	1	2
Departure Consultation	20	1	1	1	1
Belun Ring Sleep Test	Overnight	1	1	1	1
Comprehensive Blood Testing	—	0	0	1	1

BLOOD TEST PACKAGE

Blood Test Item	Turnaround Time
1) Comprehensive Metabolism Panel	
CBC	1 day
Blood Sugar (FBS)	1 day
HbA1c	1 day
BUN	1 day
Creatinine (include GFR)	1 day
Liver and kidney function test	1 day
CRP (C-reactive protein)	1 day
Homocysteine	4 days
ESR (Erythrocyte Sedimentation Rate)	1 day
Insulin	2 days
2) Hormone Panel	
DHEA	1 day
Cortisol	1 day

Group Class Recommendations

- Hatha Yoga
 - Full Body Stretch
 - Nature Trail
 - Morning Jogging
 - Pranayama
- Sound Healing
 - Nature Discovery
 - Tai Chi
 - Wellness Talk