

SAMPLE ITINERARY MINDFULNESS FOR LIFE 7 NIGHTS

Day 1 | Arrival & Grounding

- 14:00 – 15:00 Wellness Initial Consultation
15:15 – 15:30 Continuous Glucose Monitor (CGM) fitting
Sensor worn throughout your stay

Day 3 | Energy Balancing

- 10:00 – 11:00 Auricular Therapy
14:30 – 15:30 Energy Balancing / Reiki — session 1
15:45 – 16:45 Biofield Therapy
17:00 – 18:00 Meditation / Pranayama Breathing — session 1
18:15 – 19:00 Group class: Hatha Yoga

Day 5 | Inner Calm

- 14:30 – 16:00 Thai Tranquil Touch Massage
17:00 – 18:00 Meditation / Pranayama Breathing — session 2
18:15 – 19:15 Sound Healing

Day 7 | Deep Release

- 10:00 – 11:00 Brain Function Support IV Infusion
11:15 – 12:15 Yoga / Tai Chi
14:30 – 15:30 Sweet Herbal Thai Acupressure
17:00 – 17:45 Hyperbaric Oxygen Therapy

Day 2 | Assessment & Awareness

- 07:30 – 07:45 Blood Test — Sample Collection
Mindfulness PLUS — fasting required; please avoid food from midnight
09:30 – 10:00 Nutrition Assessment
14:00 – 14:15 Sleep Test: Belun Ring fitting
Worn overnight — please keep on until morning
14:30 – 15:00 Psycho-Emotional Assessment with Bio-Well
Energy Measurement
15:15 – 16:15 Thai Medicine Vitality Consultation

Day 4 | Deep Restoration

- 10:00 – 11:00 Thai Medicine Workshop
14:30 – 15:30 Tao Visceral Manipulation
(Deep Abdominal Therapy)
15:45 – 16:45 Super Stretching
17:00 – 18:00 Craniosacral Therapy

Day 6 | Quiet Renewal

- 10:00 – 10:30 Maya Abdominal Massage
10:45 – 11:45 Colonic Hydrotherapy
14:30 – 15:30 Energy Balancing / Reiki — session 2
17:00 – 17:20 Tranquil Thai Herbal Ritual Bath

Day 8 | Integration & Departure

- 09:30 – 10:00 Wellness Follow-Up Consultation
10:15 – 10:35 Departure Consultation