

# Transform Your Thoughts, Transform Your Life: Holistic Healing with Dr Buathon Thienarrom

6 to 16 February 2020





## Transform Your Thoughts, Transform Your Life: Holistic Healing with Dr Buathon Thienarrom 6 to 16 February 2020 | The Spa at Mandarin Oriental, Kuala Lumpur

Subconscious thoughts can be detrimental to your mental health, physical well-being and manifesting your desired future. Through integrative bodywork, psychology, sound healing, meditation and mindfulness, let renowned holistic practitioner Dr Buathon Thienarrom guide you in finding harmony between body and mind transforming stresses and emotions into vitality, alleviating physical pains, relieving stress, finding focus and promoting self-empowerment through a series of dedicated treatments, a private retreat and workshops.

For bookings, please call +60(3) 2179 8772 or email mokul-spa@mohg.com

#### Individual Treatments

Daily 10am to 7pm

Dr Buathon's range of signature treatments are curated with knowledge from more than 20 years of experience in the field of holistic healing and a unique fusion of alternative medicine, Taoist practice and Tibetan medicine practices.

ZenNaTai 1 hour | RM 792 1 hour 30 minutes | RM 992 Physical tension release and abdominal detox

Through hands-on experience, Dr Buathon created ZenNaTai; a unique approach to holistic healing massage that generates energy (Qi) to flow throughout the body. This treatment induces a deeper state of relaxation and peaceful mind.

Energy Enhancing 1 hour 15 minutes 1 RM 932 Energy healing and Tibetan sound therapy

Awaken the chakra energy with seven precious healing oils that activate the body's subtle energy flow. This treatment is enhanced with the restorative sound vibration from Tibetan singing bowls, leading the mind to a pre-meditation experience.

Mind Transformation 1 hour | RM 792 1 hour 30 minutes | RM 992 Emotional wellness and mind training

The mind is the master of the body. This treatment promotes mental clarity and self-empowerment through conscious breathing, unlocking 'unfinished matter', and transforming stress and emotions into vitality.

#### **Private Retreat**

Flexible start dates, between 6 and 16 February 2020

Take some time for yourself to improve your personal well-being. Let go of the tension and stresses through a combination of healing methods and meditation.

**3 Days Private Transformation Retreat** 

RM 3,992

#### Unwinding your body and awakening your mind

Your private retreat begins with a holistic consultation to set your goal and design your custom program. It includes a 2-hour healing session per day customized to your needs including ZenNaTai, Tibetan sound therapy and breathing practices to reunite your body and mind. Receive a therapeutic healing oil to complete the experience.

### Workshops

Sounds of Transformation (1 hour 30 minutes) 8 February 2020, Saturday, 10 to 11.30am | Mind & Body Studio, Level 3 RM 120 per person

In collaboration with Kuala Lumpur based sound practitioner Sari Miyata, Dr Buathon invites you to a transformative sound bath experience. Begin with setting your intentions and desires for the new year and planting the seeds for its manifestation. Bathe in the pure frequencies of crystal singing bowls, Tibetan bowls and koshi chimes to relax and let unfold all of the possibilities that the new year brings.

Full Moon Meditation (1 hour) 9 February 2020, Sunday, 5 to 6pm | Mind & Body Studio, Level 3 RM 100 per person

In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The full moon is a powerful resonant symbol and especially empowering if you feel the need to let go of past issues that are hindering your growth. Together we open ourselves to the energies available and to receive inspiration and impression in this guided meditation.

Mental Wellness (1 hour 15 minutes) 11 February 2020, Tuesday, 7.30 to 8.45pm | Mind & Body Studio, Level 3 RM 100 per person

Transform your thought, transform your life. The mind influences our body, and the body enforces our mental awareness. Learn simple techniques to awaken the connection of the body and enhance physical and mental energy for a greater alignment.

Mindful Morning Ritual (2 hours)

15 February 2020, Saturday, 7 to 9am | KLCC Park and AQUA Restaurant & Bar RM 140 per person

The way we start our day sets our tone for the rest of the day. Learn how to create mindful mornings with movement and meditation surrounded by nature to bring vibrant energy, clarity of mind, flowing creativity and a peaceful mind for the day ahead. After the walk and meditation, stay on for a fresh juice and open dialogue with the visiting wellness practitioner sharing lifestyle tips and insights for your mental, physical and emotional well-being.

