



digital
wellness series
The Spa at Mandarin Oriental

**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

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.



The mark of
responsible forestry