



Please join us for Kamalaya's

Global Wellness Day Activities

Saturday 10th June 2017

With the aim of spreading the message "One day can change your whole life," we celebrate Global Wellness Day on the second Saturday of June every year as an international day dedicated to living well. Global Wellness Day is an entirely not-for-profit day, a social project created by volunteers dedicated to living well. The purpose of Global Wellness Day is to ask the question, even if for just one day, "How can I live a healthier and better life?", to direct the thoughts of both individuals and society towards "living well".

Program:

Unplug - Unwind - Refresh

Yoga with Pippa

8.45 – 9.45 at Yantra Hall

Reliance on digital devices takes a person out of their body and prevents them from connecting to feeling what their body is telling them. This practice introduces mindful movement, guided by the breath to find ease and comfort within the body without distraction.

Traditional Chinese Medicine Drop-in Clinic with TCM Practitioner

10.45 - 12.45 at Yantra Hall

Stop by for a complimentary auricular acupuncture session with a Kamalaya TCM practitioner who will administer a Five Needle Protocol treatment developed by the National Acupuncture Detoxification Association. Treatments last 30-45 minutes, but shorter treatments can be accommodated.

Happy Cells, Happy Life

Nutrition Talk with Natasha, Naturopath

14.00 – 15.00 at Kamalaya Gallery

Our body is made of 37 trillions of cells. We feel the same way our cells feel. We invite you to learn how our diet and lifestyle choices are linked our emotional wellbeing.

Ancient Thai Self Healing Techniques with Kamalaya Academy Trainers

15.30 – 16.15 at Kamalaya Gallery

"Reusi Dat Ton" - The "Hermit's Self-Stretch" is believed to be the foundation for Thai Bodywork. Many health benefits that may be attained by doing this practice, including increased energy and concentration, improvements in mood, strength, range of motion, circulation, breathing, reduced pain and many other benefits.

Finding Happiness in a Digital World with Rajesh, Kamalaya Life Enhancement Mentor

16.30 – 17.30 at Kamalaya Gallery

We live in times of great connectivity. This speed of connectivity poses its own challenge. We have the ability to reach people and experiences across the world, but are not able to focus on those around us or find time for ourselves. In this workshop we discuss ways and means to balance ourselves to find happiness and fulfillment.

GLOBAL WELLNESS DAY

All activities are complimentary, but spots are limited. Reservation required by Friday, 9th June.

For more information or to make a reservation: Email events@kamalaya.com, Phone: +66 (0) 77 429 800

feel life's potential