

Global Wellness Day Thailand

celebrates

Global Wellness Day 2021

A Virtual Presentation

Saturday 12th June, 2021

09.00 – 15.00 (all sessions in Thai Language)

"One day can change your whole life"

09.00 – 09.03 **What is Global Wellness Day?** – Phattiraporn Khiewsanun (**Co-host**)



Experienced and passionate about spa and wellness industry with more than 15 years industry experience including Thai Traditional Medicine, and advocate for wellness coming from a healthy lifestyle.

09.03 – 09.05 **Open Statement** – Andrew Jacka, Thailand Ambassador, Global Wellness Day



09.05 – 09.30 **Gentle Mindfulness Flow** - Srisuda Changprayoon : Yoga Teacher (RYS 200 hrs.), experienced spa therapist who has worked in Thailand , Portugal and China.



Exploring movement of your body, breath and mind with mindfulness with the concentration on the present time during the practice will lead you to find connection between body movements, breathing and feelings, Gentle Mindfulness flow will let you listen to yourself and find what you need.



09.30 – 10.00 **Wellbeing Challenge for Lifestyle Diseases** A conversation with YouTube Influencer Coach Bank Chira



“You cannot spell **CHALLENGE** without **CHANGE**” It’s challenge to turn lifestyle diseases to wellbeing during this pandemic but change is possible. A few simple lifestyle modifications can make your life healthier and happier.

10.00 – 10.30 **The Power of the Heart in overcoming illness** - Ueamporn Saengsuwon, Functional Nutritional Therapy Practitioner (FNTP) and Director, Sukina.



A personal journey - through dietary changes and mindfulness practices she was able to overcome cancer, and this in turn motivated her to become a FNTP to help others improve their wellbeing.

10.30 – 11.00 **Stress Management Guided Workshop** - Sabina Ahuja, Empowerment Coach, Yoga Instructor, Reiki Master, Founder, Journey to Love **(Co-host)**



Join the 30-minute stress management guided workshop by Sabina, holistic therapy specialist with over 8 years of experience. Born and raised in Bangkok, Sabina has worked with thousands of people empowering them to live a healthier and happier lifestyle using various alternative tools including meditation, yoga, reiki and other forms of healing. Sabina’s mission is help people live a more fulfilling life of freedom.

11.00 – 11.15 **Healing with Sound** - Kanlayanee Martthuean



With a background of Health Science and 20 years experience in spa & wellness resorts in Thailand and the Maldives she is a qualified holistic therapist, Yoga, Tai Chi, meditation and energy healer.



11.15 – 11.30 **Rusie Dat Ton: Self-Stretching for Self-Healing** - Sutthiruk Sitthisoonthorn and Chulaluck Setthakorn, CEOs, ITM- International Training Massage School & Chiang Mai Spa Mantra



Demonstrate slow-moving of self-stretching for self-healing to promote body and mind contentment, while supporting activeness, relaxation and promoting health. Presented by established experts in Thai spa and wellness industry, with passion for health and beauty respectful of Thai culture and heritage.

11.30 – 12.00 **Immunity Boosting Beverages** with Assistant Professor Boonyarat Chaleephay, School of Health Science Sukhothai Thammathirat Open University



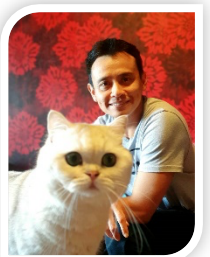
Tip, tricks and recipes for immunity boosting healthy drinks for the whole family

12.00 – 12.30 **Healthy Cooking** - Wasana C. Swanladda, Withlocals home dining and private Thai cooking class host.



Let's explore fun, easy, healthy Thai recipes in your own kitchen using coconut milk and oat milk.

12.30 – 13.00 **Pet Therapy for Mental Wellbeing** - Dr. Wattasit Siriwong, Associate. Professor in Public Health, specialist in Environmental Health and Human Health Risk Assessment; Deputy Dean (academics affairs) and executive board member of the College of Public Health Sciences (CPHS) at Chulalongkorn University, Thailand



Exploring the benefits of pet therapy, and how you and your family can benefit.

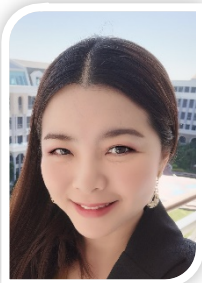


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13.00 – 13.30 **Kids and Family Wellbeing** - Oraphan Siriwongpaiboon (Children and Family Mindfulness Specialist)



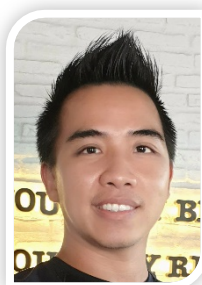
Children in an age where digital technology plays a huge role in life and technology is rapidly changing. Important skills in addition to academic knowledge skills is the skill of developing a strong inner world of mind. Because mental stability is the important foundation of the Growth Mindset, one of the key attitudes that will enable children to develop continuously, happily and sustainably.

13.30 – 14.00 **Germ & Terrain Theory** - Suwanna Ratanastian, Certified Aromatherapist, MD, MakeScents Ltd.



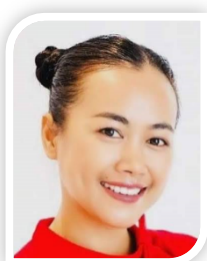
History has taught us that the 'terrain' of the human body is more important than the 'pathogens' that infect it. When exposed to pathogens, we become ill if our defenses are weakened by deficiencies or toxicities. While COVID-19 has led many of us into fear, this is an opportunity to get our health in order and support our body and use the immunity, anti-viral and anti-inflammatory properties of super antioxidant and anti-inflammatory herbs and extracts, and essential oils.

14.00 – 14.30 **Integrated Body and Mind Exercise** - Coach Khoon (Yostorn Kongsom) Mobility Trainer, Yoga Instructor - Specialist in body and mind integration exercise and flexibility exercise



The exercises will bring your mind and body to support one another, allowing you to focus and concentrate on the body. The exercises can be practiced daily. Coach Khoon's mission is to deliver effective exercise programs to help people getting healthier and live their desired lifestyle.

14.30 – 15.00 **Financial Wellbeing** - Chanapach Khumkhur Spa Development Manager, SAii Phi Phi Island Village



Financial Wellbeing about being in control of your day-to-day finances and having the freedom to make choices that allow you to enjoy life. It is a common misconception that your income level and material possessions define your wealth, as a person with a large income might live pay-check to pay-check with an expensive lifestyle that limits their ability to accumulate wealth. Wealth isn't defined by how much money you earn – it's about how you grow and save your money to meet your changing life circumstances.

- Have control over day-to-day, month-to-month finances;



- Have the capacity to absorb a financial shock;
- Are on track to meet your financial goals; and
- Have the financial freedom to make the choices that allow you to enjoy life.

Want more wellness inspiration? Log on to the Global Wellness Day (English Language) Live Stream @ www.facebook.com/globalwellnessday/ or www.instagram.com/globalwellnessday/ on 12-June for 24 hours of online wellness classes

About Global Wellness Day: With the slogan “One day can change your whole life,” we celebrate Global Wellness Day on the second Saturday of June every year as an international day.

Global Wellness Day is an entirely not-for-profit day, a social project 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” and to raise awareness.

The main aims of the day are:

- To recognize the value of our lives
- To pause and think, even if for just one day of the year
- To be free from the stress of everyday city life and bad habits
- To make peace with ourselves
- To raise awareness about living well and increase motivation, not just for today, but for the remaining 364 days of the year

First celebrated in 2012, Global Wellness Day was established in Turkey as the “first” day dedicated to living well and has now been accepted worldwide. Reflecting its success, in 2019 Global Wellness Day has been celebrated simultaneously in more than 150 countries at 8000 different locations with different events ranging from a 45K marathon to zumba and from Tai Chi to the medical care of children at the Thailand and Myanmar border and visiting elderly people’s houses.

Global Wellness Day is celebrated on the 2nd Saturday of June every year.

Global Wellness Day Thailand: www.facebook.com/globalwellnessdayTH

Andrew Jacka

Thailand Ambassador

Global Wellness Day

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