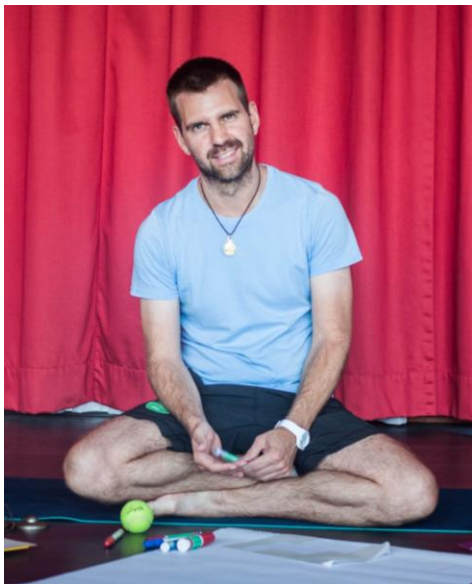


Mastering Mindfulness with Ber Raeymaekers

Insight meditation encompasses the four foundations of mindfulness; focusing on the body and our feelings, the mind and objects within it. Providing inner guidance towards a continual awareness and acknowledgement of these integrated elements, Ber Raeymaekers helps clients to unlock an enlightened approach for a holistically fulfilling life journey.



About Ber

In search of his life purpose, Ber's path to personal fulfillment began with a journey of spiritual awakening in Bali and Thailand. Spending time at a Vipassana monastery, he learnt the value of silence and mindful walking. Understanding that to master one's own destiny through insightful changes stems from knowing within, the techniques he practiced became an intrinsic part of his daily way of life. To become very still, love and connect with your true self through meditation is a gift – and one that Ber started sharing. Returning to Belgium to study as a Mindfulness Trainer, Ber created a centre for personal

development and for the past two years has offered personalized programs of Mindfulness and Embodiment Stretching to both adults and children.

Offering:

Mindfulness (60 mins)

Group session (up to 5 people)

THB 5,000++

Private session

THB 4,000++ / THB 9,000++ for 3 consecutive sessions

The practice of mindfulness offers dynamic, life changing tools to help deal with stress, anxiety, negative thinking and emotional patterns. Benefit from an insightful introduction to the key concepts and scientific research that underpins mindfulness today, and how this relates to a healthier and more balanced way of life. Enjoy interactive discussion that is interspersed with



guided meditations, breathing techniques, body scanning and other simple practical methods that can be used to enrich everyday interactions.

Minimum 3 sessions recommended

Embodiment Stretching (60 Mins)

Group session (up to 5 people)

THB 5,000++

Private session

THB 3,000++ / THB 6,000++ for 3 consecutive sessions

Learn about the principles and concepts that make this unique exercise approach so effective. Comprising a gentle series of movements and stretches that can be performed daily to maintain and improve general mobility, Embodiment Stretching focuses on common postural problems caused by lack of movement, office work and a sedentary lifestyle. An emphasis on solo stretching is accompanied by a range of partner exercises to demonstrate intense variations which can dramatically increase the effectiveness of your solo training.

Minimum 3 sessions recommended

Note: Sessions are available in English, Dutch, French and Italian.

To reserve a session with Ber, please contact Anantara Spa. Prior booking required and only available by appointment.

*All prices are in Thai Baht and subject to 10% Service Charge with 7% Government Tax. Prices are subject to change without prior notice. *Ber is subject to availability.*