



Longevity and Optimal Wellness with Jacob Ritter

Jacob Ritter teaches practices and performs treatments for health, wellness and human potential. Transmitted along ancient lineages of the Scholar-Warrior-Sage, his work integrates modern understanding of anatomy and physiology. Years of studies with masters are adapted to each student, presented in life-changing sessions to empower, heal & awaken the body, mind and heart.



About Jacob

With over 12 years on the spiritual path, Jacob offers subtle teachings of basic to advanced Indian, Chinese and Buddhist meditation. Taught movement arts include: Yoga, Tai Chi, and Chi Kung along with other treatments and practices. An initial consultation helps determine the focus of a session, and can lead to prescribed practices. Having studied wellness and higher progressive education, Jacob's sessions emphasize a strong learning component. In addition to the above, sessions draw from Thai-Chinese Abdominal Massage, Reiki, Cranio-Sacral & Yoga Therapies, Eastern & Integrative Bodywork Treatments.

Holistic Therapies Offered:

Personalized Session (75 mins)

THB 6,000++

We draw from a variety of bodywork treatments & mind-body practices to address your personal issues on physical level. Emotional and mental healing can occur as well, by selecting from the practices of abdominal massage, integrative bodywork and various meditation therapies. We may use yoga & tai chi as a gateway to creating more liberated space in the body, resulting in a more effortless state of being.



Abdominal Massage Treatment & Integrative Bodywork (75 mins)

THB 6,000++

Ancient Chinese sages observed the abdomen as a healthy human's physical center of gravity. Treatment of which, can regulate the bodily systems such as: nervous, digestive and immune. Massaging & detoxifying this area powerfully invigorates life-force energy "Chi" while removing toxic emotions from stagnant energy of organs. This treatment and its associated practices result in profound wellness, relaxation and centered peak performance.

Tai Chi & Chi Kung for Longevity (75 mins)

THB 6,000++

Using popular exercise practices including Tai Chi and Chi Kung, learn to reverse the clock on aging, aligning Heaven & Earth in your own body, mind and heart. Simple forms, with only three to five subtle movements, can be learned in a few classes, yet provide a lifetime of continued enjoyment, refinement and value.

Meditation Training for Enlightenment (75 mins)

THB 6,000++

Meditation awakens a joyful spirit, enhances memory and increases intelligence. It also helps with many health concerns such as insomnia and mental or emotional troubles. Beginners benefit from learning a lifelong skill to regulate their individual body/mind/emotions. Experienced students can gain a new perspective from higher or parallel teachings of Yoga, Buddhism, or Taoism.

Yoga for Self Realization (75 mins)

THB 6,000++

Not only does Yoga provide physical and emotional benefits, it ultimately aims to bring about profound oneness with the universal life force. The yoga sutras taught that postures and breathing are preparation for transcendence to another dimension of wholeness, where the discipline and stillness of mind bring about bliss.

Pricing Options: +30 minutes at THB 1,500++

Two Sessions THB 5,500++ each

Three Sessions THB 5,000++ each

To reserve a private session with our expert practitioners, please contact Anantara Spa. Advance booking is required.

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