



Yin Yoga, Chi Kung, Craniosacral Therapy and Abdominal Chi Massage with Jade Wood

Experience Jade's expert knowledge and experience in holistic bodywork, Traditional Chinese Medicine, elemental Yin Yoga, embodied anatomy and somatic movement. With a passion to learn, share, connect and guide, Jade adapts new and ancient practices into unique transformational experiences relating to self and health. Discover for yourself how mindful movement and touch can help you reconnect with health and vitality.



About Jade

English born Jade is a globally renowned yoga teacher and holistic therapist who offers private and group classes, retreats, workshops and teacher trainings worldwide. She specialises in bespoke, multi-disciplinary treatments that honour each individual's soulful connection with their body in a way that is gentle, positive and calming. As a child she was inspired by her grandmother's healing touch and has qualified in Thai massage, Shiatsu and Biodynamic Craniosacral Therapy. To rebalance her own body, she practiced yoga during her early career as a physical theatre performer and then began dancing with Chi Kung and meditating to settle her mind. She has also trained with the School of Sacred Arts, Paul Grilley and Franklyn Sills.

Holistic Offering:

Signature Holistic Therapy (60/90 Mins)

THB 4,400++ / 5,400++

Benefit from a multi-layered treatment that can be customised to reduce pain, increase mobility, ease tired limbs, release stress and help to resolve any physical or emotional blockages. Following a pre-session consultation, Jade will create a personalised combination of Thai Yoga massage, Shiatsu and Craniosacral Therapy - gently moving, holding and massaging your body to improve Chi flow, restore mobility and replenish energy. This treatment is conducted fully clothed and without oil.



Rejuvenating Cranio-Facial Massage (60/90 Mins)

THB 4,400++ / 5,400++

This unique treatment combines uplifting acupressure facial and head massage, lymphatic drainage, ear reflexology and blissful craniosacral holds. Using a powerful blend of healing rose geranium, frankincense and rosemary essential oils, this facial promotes skin regeneration, improves circulation, helps to smooth away stress lines and nurtures a radiant, youthful glow. Going deeper than the skin, the cranial connection with your central nervous system induces a feeling of deep peace and relaxation.

Biodynamic Craniosacral Therapy (60/90 Mins)

THB 4,400++ / 5,400++

This hands-on therapy connects to your deep tides of health through a light touch that invites healing from the inside. It is truly holistic, honouring the state of your mind and supporting the vitality of your entire being. It helps to treat a broad spectrum of conditions including pain, stress, headaches, sleep disorders and emotional imbalances, and is very relaxing to receive. Fully clothed, Jade will gently hold areas of your body to encourage the release of any trapped forces by listening and guiding your felt sense of awareness. Her extensive knowledge of anatomy and energetics brings into balance an energetic therapy that is deeply rooted in your body's natural capacity to heal itself.

Abdominal Chi Massage (60/90 Mins)

THB 4,400++ / 5,400++

This specialist treatment works with essential reserves of energy held in your belly (or your Hara). Combining Jade's Craniosacral skills with Traditional Chinese Medicine, this very gentle yet deep massage uses warm coconut oil. A nurturing and very personal experience, receiving abdominal massage can encourage proper peristalsis of the gut, improve muscular tone, respiratory and hormonal function, aid in organ detoxification, improve elimination and also help to release trapped emotions. As this is an area rarely touched, it is recommended to take a few sessions to receive the full benefits.

Yoga - Gentle Flow and Yin

Private 60/90 mins

THB 2,000++ / THB 2,200++

Couple 60/90 mins

THB 3,000++ / THB 3,500++

Yoga with Jade aids in connecting you to your body, breath and life-force, optimising your physical and mental wellbeing. These personalised yoga sessions combine gentle Hatha Yoga to improve flexibility, balance and posture, breathing exercises and long-held deeper Yin poses to passively release tension and deliver deep relaxation. The session ends with a short guided meditation and mini soothing head massage. Suitable for all, no experience is necessary. Please wear clothing you can move easily in.

Chi Kung - Moving Meditation (60 Mins)

Private THB 2,000++ / Couple THB 3,000++

Chi Kung is a practice that connects us to Chi or life-force. With Jade guiding you, move together slowly and mindfully through standing forms, gathering and transforming the energy in the surrounding space as if moving through water. Moving in this way increases self-awareness and improves the health of our vital systems. Chi Kung offers peaceful way to start your day.



Guided Meditation and Yoga Nidra (60 Mins)

Private & Couple THB 1,600++

For improved embodiment and deep relaxation, experience the ancient tradition of Yogic Sleep. Jade will guide you with her soothing voice in a meditative practice of awareness. This is a physically relaxing and imaginative meditation journey to release subconsciously held tension and connect you with the deep power of the subconscious. The practice is equivalent to four hours of deep sleep.

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.