



Fast Track Technique and Fast Track Life Readings with Jaz Goven

For many of us there is a belief that success should be hard work and time consuming. Fast Track Technique is a streamlined system which proves otherwise, helping to address all kinds of physical, emotional and spiritual issues. Jaz's unique healing modality for personal development and transformation brings about change quickly and permanently, revealing a new perspective of yourself and your life. Fast Track Technique connects the subconscious and conscious minds to open up and align communication between past, present and future, with the option to incorporate specially developed transformational healing cards for a powerful life reading.



About Jaz

Jaz has a natural ability to connect with people from all walks of life and with any kind of personal difficulty, caring deeply about each client's journey towards balanced wellbeing and optimum potential. Fast Track Technique is the culmination of more than 13 years of training, exploration and experience in holistic practices, including Emotional Freedom Technique, Neuro Linguistic Programming, Timeline Therapy, Qi Gong and Meditation. The result is a unique system which combines the most efficient modes of therapy that Jaz has identified with an optimum "end goal" focus. Using Fast Track Technique, Jaz has helped people overcome a wide range of issues, from weight problems, depression, addictive thoughts and behaviours, to insomnia, learning disabilities and anger management. With clients all over the world, she travels frequently around Thailand, as well as to Taiwan, Hong

Kong, China, Malaysia, the United Kingdom and Dubai.

Holistic Therapies Offered:

Fast Track Technique (90 mins)

THB 6000++

A session begins by honing in on what you wish to achieve in life now. By focusing on the positive outcome as opposed to negative issues, there is no need for a client to describe the painful or upsetting situations which created the imbalance. Once the positive "big picture" is defined, Fast Track Technique then brings this vision into reality. Fast Track Technique uses



muscle testing to locate the root of an issue and magnets to remove blockages and imbalances, helping to reprogramme existing beliefs by balancing and tapping into the nervous system. By recognising and confirming what you would like to be experiencing in life, as well as removing negative emotions, resonances, triggers and beliefs which do not support your new life picture, Fast Track Technique provides immediate access to the life you have dreamed of. To ensure that clients hold the keys to their own transformational journey and can continue to benefit from their session, Jaz also explains and trains clients how to safely and effectively use Fast Track Technique at home.

Fast Track Technique Life Readings (90 mins)

THB 6,000++

This unique type of reading incorporates tarot cards into the Fast Track Technique system to discover where a person is in their life and what stumbling blocks are in their way and why. A Life Reading not only provides information about your past, present and future, but more importantly highlights your Life Lesson and immediate destiny. Often a past event, situation or relationship can have a negative effect on our life and, even though time has passed and we think we are over it, the vibration of how we felt at the time is still residing in our cellular memory and prevents us from moving forward. By releasing all past negative events, situations and responses that no longer serve who you are or what you consciously want out of life, a Fast Track Technique Life Reading is deeply healing and informative to get you back on track and in alignment with your life purpose.

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.