



## **Emotional, Physical and Spiritual Balancing with Patrycja Rogers**

Patrycja offers holistic therapies that are subtle yet powerful, restoring harmony throughout your whole being. Focusing on emotional, physical and spiritual releases that are interconnected, sessions are tailored to individual needs and usually begin with a short assessment to ascertain the most suitable treatment techniques.



### **About Patrycja**

Patrycja has a passion for movement and a belief in stillness. She first turned to yoga to help her deal with a stressful corporate work environment. The practice completely transformed her life and even helped her to heal from chronic anemia. This experience led her to Rishikesh (known as world capital of yoga) in the foothills of the Himalayas in northern India. It was here that she discovered her true purpose in life - to help others improve their wellbeing through natural methods. However this was just the beginning of her healing journey. Soon after Patrycja began to practice various alternative therapies, and is constantly learning new techniques to broaden her expertise and understanding of holistic health and wellbeing.

### **Holistic Therapies Offered**

#### **Craniosacral Therapy (90 mins)**

**THB 5,500++**

Craniosacral Therapy helps the cerebrospinal fluid to flow correctly so that other bodily processes are able to function more efficiently, thereby reducing pain, dysfunction and stress. The practitioner makes light contact with client's head, base of the spine and other areas, encouraging the body to relax and make the changes it needs. This therapy is effective for people with acute physical problems such as headaches or a bad back, as well as emotional issues, and because it is so gentle and non-invasive it is suitable for everyone from newborns to the elderly.



**Emotional Freedom Technique (EFT) (90 mins)**

**THB 5,500++**

Often referred to as "psychological acupuncture", an EFT treatment involves the use of fingertips rather than needles to tap on the end points of energy meridians that are situated just beneath the surface of the skin. Restoring awareness and trust in the natural healing abilities of mind and body, this technique releases blockages within the energy system which are the source of emotional intensity and discomfort.

**Transformational Reiki (90 mins)**

**THB 5,500++**

This vibrational energy technique balances, harmonises and restores the energy system. The practitioners' hands are placed gently and passively in different positions over or on the body, usually beginning at the head to channel universal life force energy, allowing it to flow where is needed to bring the energy centres into alignment. Psychologically, an hour of Reiki is equivalent to four hours of sleep, making it a very effective stress reliever.

**Personalised Yoga Therapy**

**(60 mins)**

**THB 3,000++**

**(90 mins)**

**THB 4,000++**

Yoga is a holistic practice rooted in ancient Indian culture that unites the mind, body and spirit. Sessions are tailored to each individual's level and goals, and Patrycja chooses the most appropriate techniques to best serve the therapeutic process, from subtle and calmer styles like hatha or yin yoga, to more dynamic and powerful forms such as ashtanga or vinyasa flow. Each class typically begins with an introductory breathing practice (pranayama), followed by asana exercises for mental and physical health, with meditation or relaxation techniques at the end of the session.



**Personalised Pilates Programme**

**(60 mins)**

**THB 3,000++**

**(90 mins)**

**THB 4,000++**

These sessions typically start with posture analysis to identify any muscular and structural imbalances so that Patrycja is able to select appropriate exercises to address necessary changes. Pilates is a conditioning programme that improves deep core strength, muscle control, flexibility, coordination and body tone. Safe and effective for all ages and fitness levels due to its low impact nature, Pilates is injury preventative and rehabilitative. Unlike many other training programmes it works the whole body, emphasising control, precision and concentration in both mind and body. Movements are not performed rapidly or repeated excessively. Instead the focus is on quality. The balance between strength and flexibility creates a healthy, vigorous and symmetrical workout for all muscle groups, resulting in a leaner, more balanced and stronger body. Patrycja places strong emphasis on correct alignment and breathing, but most importantly her classes are fun!

**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.*