



## **Mindfulness & Movement, Bodywork & Life Coaching Consultations with Dr. Serge Landrieu**

Experience the powerful benefits of a private session that is adapted to your needs and goals with Dr. Serge's breadth of medical and holistic expertise. Enhance your mindfulness and clarity. Find new paths to unlock your full potential in every aspect of life. Rejuvenate your body with correct alignment, improved mobility and renewed energy.



### **About Dr. Serge**

Dr. Serge is a Belgian graduated medical doctor, M.D., Ph.D., a qualified Osteopath-Myotherapist, a practitioner of Neuro-Linguistic Programming, Watsu Therapy, Chakra Balancing and Reiki. With a life-long passion for yoga, he is also a Pilates Master trainer and instructor. He has been teaching on Koh Samui for the past 17 years and has taught and offered healing sessions to people of all ages and all walks of life – from children, private clients and guests of luxury five-star resorts, to bringing special hospital care to patients' homes. His biggest happiness is the ability to help people through his diverse range of holistic therapies.

### **Holistic Therapies Offered:**

#### **Yoga / Pilates (60 Mins)**

**THB 3,000++**

These private sessions offer an energising, liberating way to recharge and transform mentally and physically. Mindful of each person's physical condition, state of mind and desired benefits, a movement session can incorporate a range of exercise and holistic practice. Various yoga styles include Iyengar, yoga-therapy, kundalini, Tibetan, yoga nidra, yoga for pregnancy or advanced practitioners, and even partner acro-yoga. A Pilates session can use mat and ball exercises to develop mobility, balance, proper alignment and core strength.

#### **Pranayama & Meditation (60 Mins)**

**THB 3,000++**

Give yourself the space and quiet for peace, happiness and clarity to blossom. Pranayama breathing techniques and meditation concentrate and calm the mind. Nourish your vital life force in a guided private session with Dr. Serge that is adapted to your needs, concerns and goals – offering a journey of inner peace and stillness, innate wisdom and positivity.

**Myotherapy (60 Mins)****THB 4,500++**

Are you looking for a safe, gentle and highly effective method of releasing aches and pains?

Myotherapy is a unique manipulation technique of the muscles to remove chronic or acute pain in muscles, joints and ligaments, and is Dr. Serge's specialty. Without overstretching or cracking, this painless realignment therapy is based on the theory of muscle-chains, yoga breathing and physiology to change the blueprint of your body.

**Private Consultation & Coaching (60 Mins)****THB 3,500++**

Do you need to refresh your thinking to make positive life changes? In a confidential consultation, by understanding what your desired results are, Dr. Serge applies methods of Neuro-linguistic Programming (NLP) or Life Coaching. NLP focuses on changing one's communication to achieve greater personal development and attainment of goals. NLP is directly related to the connection between neurological processes, language and behavioral patterns learned through experience. Life coaching offers practical tools that assist you in addressing specific personal projects, business successes, general conditions and transitions in your life, relationships or profession. By examining what is going on right now, discovering what your obstacles or challenges might be, the best course of action can be chosen to fulfill your maximum potential in life.

**To reserve a private session with our expert practitioner, 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.*