



## Press Release

27 November 2009

### TaoZen™ Personal Life Session at Chiva-Som by Masahiro Ouchi



Visiting Consultants from around the world with specialist expertise in various therapy forms, visit Chiva-Som regularly to support guests in their life transformation process. As part of their consultancy calendar, Chiva-Som will be offering guests' guidance on how to live fully with joy and compassion by bringing ancient spirituality and healing practices into modern life.

Masahiro Ouchi, founder and director of TaoZen™ Life Practice, and the director of Chi Nei Tsang Institute Japan, Healing Tao

New York and Universal Healing Tao of Japan, will visit Chiva-Som as a guest consultant from December 11 2009 until January 2, 2010 to offer TaoZen™ Personal Life Sessions.

Ouchi san's TaoZen™ Personal Life Session starts with an energetic reading and consultation to come up with the most beneficial blend of methods for you right now. Having been teaching meditation, Tai Chi, and meditation for more than 35 years, the elements of the TaoZen™ Personal Life Session are drawn from Chi Nei Tsang (Internal Organ Therapy), Qi Core Therapy, Healing Qigong, Meditation, TaoZen Life Vision, Spiritual Reading and Healing Breathing.

During a TaoZen™ Personal Life Session any life issue such as stress, emotional imbalance, weight management, sleep issues, hormone imbalance, or other health and relationship issues can be considered and addressed.

Ouchi san will also design a simple, personal take-home practice for you to enhance and continue your treatment. This is not just a passive healing session but a transformative journey of the body-mind-spirit together.

Chiva-Som offers fully inclusive retreats. A consultation with Masahiro can be purchased at an additional fee. 3-night stay in an Ocean View sharing starts from USD565++ per person per night\*. Please contact our reservations to book your stay. Tel +66 (0) 32 536 536 or fax +66 (0) 32 511 154 or email to [reservation@chivasom.com](mailto:reservation@chivasom.com) or visit [www.chivasom.com](http://www.chivasom.com)

\*This is an approximate price. Prices are published in US dollars and settled in Thai Baht as per the bank exchange rate on the date of arrival. Prices are subject to 17.7% service charge and V.A.T.

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#### Note to Editors:

##### Masahiro Ouchi

Ouchi san's spiritual journey began with a childhood experience at a 600 year old Zen temple in the mountains of Japan. Since then he has practiced Taoist Meditation, Zen Meditation, Various forms of Taichi and Qigong, Shaolin Temple Kempo, Japanese Archery, Esoteric Shintoism, Kundanlini Yoga and Tantra Yoga. He is an original student of the world-renowned Tao Master Mantak Chia. He is also a student of Li Jun Feng, Wushu teacher to Jet Li and has studied under the great Dr. and Priest Hiroshi Motoyama & Mr.

Michizo Noguchi. He has taught throughout the world: in Japan, U.S., Europe, Asia, Africa and Oceania. Masahiro is also a long-time student of various therapeutic forms such as Gestalt, T.A., Primal Scream, NLP, Feldenkrais, and Noguchi Taiso. His main focus in the Taoist healing arts has been Chi Nei Tsang and Qi Core Therapy.

Masahiro is the author of "Meditation Exercise" "Self Chi Nei Tsang Touch" in Japanese and is currently writing his next book "Healing Love--Health, Happiness and Spiritual Practice". He teaches at the Open Center, the most influential holistic center in NY, New York University, Queens College, Tao University, Exhale Spa in New York. Shu Uemura Studio, Tokyo Midtown Park in Tokyo, Gokoku Shrine in Kyoto and many other places. Interviews with him have appeared in Elle, Vogue, Numero and other magazines in Japan and US.

### **Chiva-Som**



A secluded world of beauty and serenity, Chiva-Som is the "Haven of Life" – a luxury health resort dedicated to revitalising the mind, body and spirit. The beachfront resort represents tranquility at its best with luxurious accommodation, nestled within lush tropical gardens.

Focusing on greater well-being and vitality, Chiva-Som offers extensive fitness, spa and holistic health facilities to help you relax, restore, rejuvenate and redirect. Personalised programmes and treatments are designed for everyone, blending Eastern philosophies with Western diagnostic skills. Widely

regarded as the Best Destination Spa in the World, Chiva-Som welcomes you with unique Thai hospitality. Located in the Royal city of Hua Hin, the resort is less than three hours by car south of Bangkok.

Chiva-Som is the proud recipient of numerous accolades, most recently 'Best for Mind, Body and Sprit' and 'Best for Medical' SpaFinder's Readers' Choice 2009; 'Top 5 Overseas Retreat' Condé Nast Traveller Readers' Spa Awards 2009 (and every year since 1999); '2nd Favourite Destination Spa' Conde Nast Traveller 2009 Readers' Travel Awards; 'Best Overseas Spa' Luxury Travel&Style Magazine 2009 Gold List; 'Spa Cuisine of the Year' AsiaSpa 2008; 'Favorite Spa in Thailand' and 'Top 10 Medi-Spas' Spa Finder 2008; 'Best Spa in the world' The ULTRAs-The Ultimate Luxury Travel Related Awards 2008; 'Best Overseas Spa' Luxury Travel&Style Magazine 2008 Gold List;

Chiva-Som has achieved the prestigious Green Globe certification recognising our commitment to operating at the world's highest environmental standard on all levels of operation. The resort has several initiatives, policies and practices in place for energy efficiency and conservation, waste water treatment and reuse, fresh water conservation, waste minimisation and recycling, air quality management and environmentally friendly product-usage.

For more detailed information on this press release please contact:

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