



DEEP THERAPEUTIC BODYWORK AND WHOLE-ISTIC WELLNESS WITH ANDREW ROSENSTOCK



Whole-istic Healing is a method of treatment concerning you as a whole person - body, mind, spirit, emotions and beliefs. Insomnia, Chronic Pain, Anxiety, Stress, Joint and Muscle Disorders, Depression... these are just a few of the more common symptoms that Andrew's treatments effectively alleviate. Why see many different people for perceived separate parts of you when there is only one YOU? Andrew works to integrate these segments and provide a complete and whole bespoke experience tailored to your specific needs that leaves you feeling more like the YOU that was before. Andrew's treatments aim to bring about deep sense of calm and wholeness in your body-mind complex and profound relaxation to unfold within your nervous system. It is when SELF is truly at peace that health and wellness in all forms can begin to take shape.

Andrew's Signature treatments at Chiva-Som are,

Thai Yoga Therapeutic Healing Massage

50/80 minutes

This treatment allows greater fluidity and authentic movement increasing range of movement, fixing postural patterns and clearing habitual pain. It blends rhythmic acupressure and the structural repositioning and release of connective tissue to deeply relax, revitalize and rejuvenate the body, mind and spirit.

Visceral Detox Massage

50 minutes

Detoxifying treatment working with the physical, mental and emotional properties held in the viscera as the "guts" are where we store much of our "baggage." Great for aiding in weight-loss and/or working with trauma.

Whole-istic Healing Massage

50/80 minutes

A holistic intuitive treatment for body, mind and spirit inspired by oil-based massage. Consisting of long, slow strokes, rhythmic compressions, rocking and gentle stretches, enabling a deeper drop into the parasympathetic nervous system. It allows for profound relaxation while stimulating the body's natural healing rhythm and anti-aging components.

About Andrew

Andrew is a highly sought after international Healing Artist and an E-500hr Yoga Alliance Teacher. He loves anything and everything to do with helping people get back on the path to health and wellness and realigning themselves with their true nature.

A believer that no single system is fully perfect in itself, Andrew continues to study widely in the numerous methodologies of therapeutic and healing modalities, to fill the holes within each specific system. He engages in a dynamic combination of Western Medicine, Eastern Philosophy, Neuroscience and Quantum Physics. Drawing from his wide "toolbox" of knowledge and experience, Andrew serves up unique custom made treatments for what is presenting itself in YOU. These include Deep Tissue Bodywork, Structural Myofascial Reshaping, Energetic Healing, Biodynamic Cranio-Sacral, Yoga Therapy, Meditation, and much more.

He holds multiple certifications in Esalen Bodywork, Thai Massage, Sound Healing, Craniosacral, amongst others. Andrew is also a Reconnection-Certified Practitioner, an iRest Yoga Nidra Level 2 trained Teacher, a student of The Integrative Yoga Therapy 1000hr Yoga Therapist program. He is also certified in numerous other Yoga modalities.

Set up a 20 minute free consultation for a personal analysis and hands-on experience with Andrew to learn more about how his practice can enhance and benefit your life.

7,000 THB++ for 50 minutes / 9,500 THB++ for 80 minutes
The Reconnection 11,635 THB++ (2 sessions of 45 minutes each)

The above rates are subject to 17.7% VAT and service charge.

You can inquire through the H&W reception for booking.

HEALING AND TRANSFORMATION WITH ANDREW ROSENSTOCK



The Reconnection

The Reconnection, which need only be taken once in a lifetime, serves as an energetic upgrade, permanently connecting your chakras, energy bodies, meridians and acupoints to your multidimensional nature. Through your participation, you will be forever positively changed as you enhance your personal evolution. The intent of The Reconnection is to bring about the fullness of our inherent connection with the universe, raising our body's frequencies, which then allows us to reconnect to the original state of wholeness and unity with the universe that we once had. The Reconnection takes place over two consecutive days with each session lasting up to 50 minutes.

2 sessions of 45 minutes each

11,635 THB++ for 45 minutes (2 sessions of each)