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A NEW ERA OF WELLNESS

Chida-Som
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ONLINE WELLNESS SERVICES

CHIVA-SOM'S ONLINE WELLNESS EXPERIENCE

Connect with wellness experts from the 'Haven of Life'.

Chiva-Som is now offering online wellness services. These services are available via online video call, in which you can interact with a team of wellness professionals in some of Chiva-Som's most popular sessions, which include treatments and training programmes to follow and practice from the comfort of your own home.

Your journey will begin with an online Health and Wellness consultation followed by a recommendation on the most appropriate session based on your individual goals.



Dr. Tal Friedman, Head of Naturopath/Research & Development Specialist

CONSULTATION

NATUROPATHIC CONSULTATION (50 MINS)

THB 3,850

The human body is a complex organism with the innate ability to heal itself when we learn how to listen to it and respond by supporting its needs. The naturopathic approach seeks to find the underlying causes of your symptoms, remove obstacles to healing and implement appropriate changes that restore the body's natural tendency to return to health. Naturopaths offer recommendations regarding herbs, nutritional supplements, lifestyle modification, exercise, detoxification and the concept of food-as-medicine to help put your health back on track.



NUTRITIONAL CONSULTATION (50 MINS)

THB 3,850

With countless fads and diets found throughout society, it is confusing to know whom to trust for reliable information. Rather than a prescriptive, “eat like this” attitude, we focus on educating you about the basic requirements of your body, where to get your nutrition and what effect carbohydrates, fats and proteins have on the body in terms of both weight control and nutritional support. If desired, we are able to formulate a customised nutrition formula to help you make up the shortfall that your diet and lifestyle might create while staying at home.

NATURAL FERTILITY CONSULTATION (50 MINS)

THB 3,850

Our expert can support you during pre-conception. In this consultation, our Naturopath will discuss your body’s signs, symptoms, biochemistry, current/previous conditions as well as emotional health. With a science-based natural approach, our Naturopath will make recommendations that may include herbal and nutritional supplements along with lifestyle and nutritional advice for you and your partner.



ONE-ON-ONE EXERCISE AND TRAINING

ONE-ON-ONE FITNESS TRAINING (45 MINS)

THB 2,500

Getting the best results from your fitness routine takes more than hard work. This private online class will feature a discussion and practice led by a Fitness Instructor who will guide you and develop a fully-customised workout based on your goals and preferences with only basic to no equipment required. With our specialists on your side, you will not only work out harder, but smarter. This session is suitable for those at any fitness level.



ONE-ON-ONE RE-FUNCTIONAL EXERCISE (45 MINS)

THB 3,500

Good exercise doesn't always need to be intense, but should focus on proper form and provide strength to the correct muscles. The objective of this session is to give you postural correction, strengthen your core muscles and increase total body flexibility and mobility you can practice at home. In this programme, our Physiotherapist will analyse your posture, muscle function and movement patterns at the beginning of the online session to create a programme that best suits your body's own needs. Re-Functional Exercise combines Pilates and the careful use of equipment to ensure that your workout is safe and effective.



PILATES ON A MAT (45 MINS)

THB 2,500

Pilates is a unique form of exercise that caters to the specific needs of each individual. Slow, precise movements allow you to become aware of any weakness and postural misalignment caused by injury or muscle imbalance. Your individual programme will tone up muscles and increase flexibility as well as your 'core stability'. The benefit of Pilates mat work is that it can be done anywhere and with just a mat. This will allow you to work out using many forms of Pilates, regardless of your fitness level.

CORRECTIVE POSTURE EXERCISE (45 MINS)

THB 3,500

Corrective Posture Exercise is a movement method that gently works the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique movement method which has benefits & qualities similar to those found in Yoga, Tai Chi, gymnastics and dance. Our online Fitness Instructor will help you train for optimal trunk and core stabilisation, stretching and muscle coordination in order to improve your posture and learn about body awareness.

NEURODYNAMIC EXERCISE (45 MINS)

THB 3,500

Work-related musculoskeletal disorders are a major health problem in many occupations, caused by poor posture, repetitive movements and prolonged periods of muscle contraction. The symptoms of work-related musculoskeletal disorders can include pain, numbness, restricted range of motion and a loss of strength. We have combined the techniques of neurodynamic stretching with the unique style and fluid movements of traditional Thai dancing, to create a neurodynamic nerve exercise. This session provides you with the benefits of neurodynamic stretching, a series of postures and movements that enhance mobility and flexibility, with the benefits of Thai dancing, which has been shown through studies to improve nerve function, muscle power, and enhance blood circulation.



YOGA AND MEDITATION

YOGA (45 MINS)

THB 2,500

There are many different styles of yoga, and we offer everything from the very gentlest of movements to advanced levels, enabling you to choose a style that suits your personal abilities and preferences. Our online Yoga Instructor will offer helpful advice throughout regarding modifications and equipment usage you can simply find at home. Online yoga styles available include Pranayama, Hatha, Vinyasa, Ashtanga and more.

MEDITATION (45 MINS)

THB 2,500

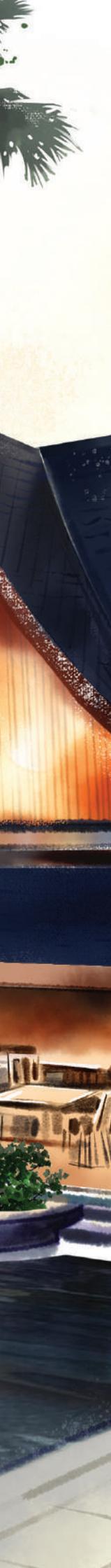
Meditation is a key element of many alternative therapies, often combined with prayer, music and mantra chanting. This is not a technique, but rather a way of life and 'detached observation of the thought process'. Our online class will help you with your practice, regardless of level, and provide techniques for you to stay focused.

PRANAYAMA (45 MINS)

THB 2,500

As the very object of yoga is to control the mind, the yogi first learns pranayama to master the breath: "He who can control his breath, can control his mind." This online pranayama session will slow your heart and bring a subjective experience of relaxation with the guidances from our instructor who'll provide you breathing techniques that can reduce fear and anxiety, and also create space for personal healing and transformational growth.





Introducing Online Intensive Wellness Series

Chiva-Som is a pioneer and leading voice in facilitating wellness lifestyle transformation in our clients, through innovative health retreats and expert advice on evidence-based natural wellness practices. Once again, our wellness experts bring to you the best in health-inspiring services through the Chiva-Som Online Intensive Wellness Series, an in-depth journey into featured services delivered in a successive series of interactive sessions, designed to gradually enhance your knowledge, strengthen your abilities, and most importantly, gain maximum benefit for your health and wellbeing.



PILATES INTENSIVE SERIES

THB 9,500

Our Chiva-Som fitness experts are proud to offer through our online wellness platform, the Pilates Intensive series, ideal for Pilates enthusiasts as well as beginners. The series includes seven sessions conducted over a six-week period, specially designed to gradually enhance your strength, flexibility, and mobility while tailoring the sessions to fit your individual needs. Our expert Health & Wellness Advisor will first meet with you virtually to discuss your wellness goals, followed by a session with our Fitness Instructor to assess your current capabilities and comfort level with Pilates. Each subsequent session will build on the previous lesson, as your Fitness Instructor advises on your technique, shares insightful tips, and addresses your questions, until finally you emerge with a solid foundation, enhanced confidence, and profound health benefits with your Pilates routine.

Service inclusions:

- 1 Health and Wellness Consultation
- 6 Online Pilates Sessions



SIX-WEEK PILATES PROGRAMME

- **Session 1: Health & Wellness Consultation**

Your Health & Wellness Advisor will meet with you for an initial consultation and to discuss your objectives.

- **Session 2: Pilates Screening & Introduction to Breathing**

Our trainer will analyse your joint mobility, stability and balance to identify your physical abilities for your bespoke programme design. The introduction to breathing focuses on inhaling and exhaling during movement to help the body move in a more efficient way.

- **Session 3: Core Management & Axial Elongation**

This session is essentially about good posture and stability. You will learn how to create 'length' that helps prevent compression and damaging shear forces, while placing the body in the optimal position to increase freedom and efficiency of movement. In addition, you will understand the components that make up the core muscles and the type and variety of exercises that are effective in enhancing core strength & stability.

- **Session 4: Healthy Spine**

This session is all about flexibility and you will learn ways to move your spine correctly, including movement that helps mobility and lowers the risk of injury.

- **Session 5: HNS Organisation**

Overview of 'H = Head, N = Neck and S = Shoulder'. We teach you how to exercise and position the head, neck and shoulders properly, which affects quality of movement.

- **Session 6: Alignment & Weight Bearing Exercise**

This session focuses on exercises involving hands, feet, elbows and knees.

- **Session 7: Movement Integration**

Pilates is about being 'whole' with our body, in other words, synchronising your mind and body through movement. Through all the acrobatic, precise and unique exercises, we end up with something simple: a coordinated and agile. This session also teaches exercises that integrate the movement of many joints in multiple planes of motion.

For further details or to book, please contact Chiva-Som's Health & Wellness Reception team

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*Rates shown are inclusive of all taxes

