



# BREATH, SOUND AND THE SEA WITH NOTEP

22<sup>nd</sup> – 25<sup>th</sup> APRIL 2025

Join Thai musician, wellness practitioner and environmentalist Note Panayanggool (NOTEP) on a transformative retreat at Chiva-Som Hua Hin 22<sup>nd</sup> – 25<sup>th</sup> April 2025 as part of our anniversary celebrations. She hosts a special programme inviting you to explore your inner landscapes, with a series of immersive workshops blending sound healing, meditation, breathwork and creative expression – all set against the tranquil rhythm of the sea.





## THE PROGRAMME

These workshops are open to all resort guests. Participate in as many as you wish, each designed to guide you toward introspection, release and renewal through different healing modalities.

### 22<sup>nd</sup> April 2025

17:00 – 18:00

#### GONG BATH BY THE SEA

We begin the retreat with an intentional pause. Sitting by the shore, let the rhythmic waves of the sea merge with the deep, hypnotic resonance of the gong. This meditative soundscape invites deep relaxation, helping to release tension and quiet the mind as you set your intentions for the days ahead.

### 23<sup>rd</sup> April 2025

08:00 – 09:00

#### BREATHWORK & FLOW MOVEMENT

Held on the serene lawn, this session integrates breathwork, grounding exercises and fluid movement aided by a mobility stick. Designed to activate the body's natural energy flow, it will cultivate presence, clarity and a profound sense of aliveness.

14:00 – 15:00

#### “BURANA” NECKLACE WORKSHOP

Creativity meets sustainability in this hands-on workshop using recycled plastic beads of various colours and shapes to craft your own “burana” necklace – Thai for “restore” – an invitation to express yourself while honouring the beauty of transformation and renewal.

### 24<sup>th</sup> April 2025

14:00 – 15:00

#### VOICE ACTIVATION WORKSHOP

Your voice is a powerful tool for healing and self-expression. This therapeutic session helps you connect with your authentic voice, release emotional blockages, and rebuild confidence in your self-expression through sound.

17:00 – 18:00

#### VIBRATIONS OF WATER SOUND MEDITATION

Experience NOTEP's signature immersive sound journey, where voice, ancient instruments, electronic elements and nature's own symphony come together. The vibrations will guide you into a state of deep relaxation and inner expansion, allowing for both subtle and profound shifts within.

### 25<sup>th</sup> April 2025

08:00 – 09:00

#### MOVEMENT MEDITATION

For those who find stillness challenging, this gentle, flowing movement practice offers an alternative pathway to mindfulness. By synchronising breath and motion, you will cultivate a meditative state that invigorates both body and mind.

09:00 – 09:30

#### COMPLETING THE CIRCLE

Gather in reflection as we close the retreat with shared insights and gratitude. This final session is a moment to integrate your experiences, honouring the journey before stepping back into the world with renewed clarity and intention.



## ANNIVERSARY MONTH OFFER

April is a month of celebration, and not only because of the Thai New Year. It is also the month that Chiva-Som celebrates its anniversary. Join us in Hua Hin, epicentre of splashing merriment, and our gift to you is an extra night for every two night booked, with rates starting from THB 62,000++ per person for three-night retreat.

### INCLUSIONS

- Accommodation
- Three wellness cuisine meals per night of stay, beginning with dinner
- Wellness minibar
- Individual health and wellness consultation
- Physical analysis (optional)
- Daily fitness and leisure activities (up to nine classes daily)
- Unlimited use of all resort facilities (steam, sauna, jacuzzi, cold plunge pool, swimming pools and gymnasium)
- One daily treatment per night of stay, choosing from: Thai Massage, Chiva-Som Signature Massage, Invigorating Massage, Relaxing Foot Massage, Oriental Scalp Massage, Chiva-Som Skin Haven Body Polish, Hydrotherapy (Detoxifying Balneotherapy, Flotation or Body Jet Blitz), Manicure or Pedicure
- The treatments of your chosen retreat

### TERMS AND CONDITIONS

- This offer applies to direct and new retreat bookings for stays 1<sup>st</sup> – 30<sup>th</sup> April 2025
- All rates are in Thai baht and are subject to 17.7% service charge and VAT
- All bookings must be prepaid
- This offer cannot be used in conjunction with any other promotional offers
- All other Chiva-Som terms and conditions apply

For more information or reservations, contact Chiva-Som's reservations team or your preferred travel agent.

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