

THE POWER OF BEING PRESENT IN YOUR BODY WITH AMPINEE SUWUNSAWET



SOMATIC YOGA AND MEDITATION FOR RELEASING TENSIONS

The power of being present in your body

Somatic yoga movements, along with focused meditation, have profound effects on connecting back to the physical body. They have profound effects on enhancing the parasympathetic nervous system. The sessions help release tensions, aches, pains, and anxiety, as well as those with a foggy mind. The focused exercises help regain conscious control, bring back strength and mobility, restore structural balance, and reduce emotional stress. The healing effects are a sense of grounding, being present, and a clear mind.

Session Fees: **Bt 4,900 (60 min) / Bt 6,500 (90 min)**

QIGONG ENERGY HEALING TREATMENT

Restoring vitality and preventive care

Medical Qigong energy healing is based on the wisdom of Chinese traditional medicine. The healing energy is transported through the body's energy center and meridian lines. The treatment enhances overall health, improves the function of vital organs, and balances Qi, fluid, and blood flow. It can be treated with different physical ailments, including ache, pain, low energy, exhaustion, emotional imbalance, foggy mind, as well as preventive care. The treatment promotes balance and vitality.

Session Fees: **Bt 4,900 (60 min) / Bt 6,500 (90 min)**

ENERGY HEALING FOR WOMEN

Nurturing & releasing suppressed feminine energy from the pelvic bowl & the abdomen for joy and healthy relationships

Releasing pelvic tensions and emotional tightness in your abdomen and pelvic core through focused energy healing and gentle abdominal massage will restore your vibrancy and your sense of joy. The session is special to treat women with pelvic pain, period cramps, stomach irritation, an irregular bowel system, or emotional suppression such as no inspiration, loss, guilt, or shame. The benefits are to restore the energy flow in the feminine body and nurture the senses of joy and new inspiration.

Session Fees: **Bt 6,500 (90 min) / Bt 9,000 (120 min)**

***All Prices are nett**



About Ampinee Suwunsawet

Ampinee Suwunsawet is a holistic practitioner with a focused in working with women who suffer from physical or emotional health. She has 20 years of experience in body movements and yoga. Her trainings include somatic yoga, functional anatomy, pranayama (breath work), yin yoga, medical Qigong energy healing, and Usui Reiki Healing. Ampinee is a certified yoga teacher (RYT 500 and E-RYT 200), a certified Qigong teacher, and an energy healer.

Weekly Workshop

Ampinee also offers weekly workshop. Learn to feel and reconnect with your body. Listen to what your body wants to communicate with you through simple somatic exercises, organic movements, and focused meditation. Observe the location of the stress, blockages, and emotions stored in the body and the self-help tools to release them. You will also learn how to feel your own "Qi," and basic Qigong to access your own healing.