



HOLISTIC THERAPY

Private Self-Awareness Meditation

90 Minutes / THB 3,690

Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body and breath, develop acceptance of difficult emotions. Meditation is about your own self-discovery. Learning to meditate is about discovering your own natural ability to shift into a way of being that is natural and effortless. It's about finding what already exists in your own awareness. Our goal is to create a platform from which you can make your own discoveries and there is no right or wrong way to meditate. (Online Session)



Private Breathwork Therapy

90 Minutes / THB 3,690

Breathwork techniques have been practised for thousands of years in China, India and Tibet to promote mental and physical health and to cultivate spirituality. Spiritual leaders have long promoted the benefits of breathing exercises such as increase self-awareness, presence, joy and happiness while modern science provides explanations for its benefits such as reduction in stress, anxiety, anger, frustration and pain; improvement in sleep etc. (Online Session)



Flower Essence Therapy

60 Minutes / THB 6,930

Flower Essences are herbal infusions made from the flowering part of the plant. For centuries, flower essences have been used around the world to address emotional and mental imbalance. The positive outcomes from using flower essences may include greater peace and calmness, more joy and optimism, finding forgiveness towards yourself and others, a deeper connection and understanding in relationships, having greater clarity and focus, and gaining insight into your life purpose and direction. During a Flower Essence consultation, Michelle will discuss and evaluate your mental, emotional and spiritual well being. You will bring home three bottles of personalized blend of flower essence remedy to work on for three months and follow up with another free consultation after three months. (Online Consultation)



All prices exclude 7% VAT Tax



HOLISTIC THERAPY

Journey to Inner Peace - ONLINE 3 Weeks Stress Relief Program

3 Weeks / THB 36,900

Our Natural Mind or our True-Self is where peace and contentment arise naturally and effortlessly. You don't need to do or get anything to find peace of mind. It is just a matter of learning how to return to our true-Self. This approach is effortless and nothing needs to be changed or eliminated. It is simply relaxing back into our natural state of effortless being. Through guided meditations and exercises, you will learn to discover the joy of living free from worry, stress and find an inner freedom and peace of mind that is not dependent on events and circumstances of your life. It is an inner freedom and peace that you can sustain throughout your life. Includes 9 hours of private one-on-one coaching.



Embrace Self-Acceptance & Live Authentically - ONLINE 9 Weeks Program

9 Weeks / THB 96,300

Living authentically is all about being true to oneself; embracing vulnerability; having the courage to deal with conditioned programs, past fears before we can fully accept ourselves. It means living a life that reflects who we truly are, being honest, true to our values, beliefs, principles without external validation and the fear of judgment and societal pressures. Michelle, the owner of Namreka Sanctuary, has been exploring aromatherapy and flower essence, working with emotional release works and connecting with the inner self for the last 20 years. She continues to work with different holistic therapy such as Self-Awareness Meditation, Breathwork, Crystal Therapy, Sound Therapy, Reconnective Healing etc that are all synergistic in guiding you to clear blockages, release fears, discover your inner truth, bring awareness, clarity, inner peace, wellbeing, and connect with your authentic soul. Includes 30 hours of private one-on one coaching.



All prices exclude 7% VAT Tax



TERMS & CONDITIONS

Operating Hours

Monday - Friday
9:00 am to 4:00 pm
(By Reservation Only)

Arrival

Kindly arrive 15 minutes before your scheduled therapy time. Out of respect to other guests' reservations, please be aware that we are unable to extend your therapy time in case of late arrival.

Etiquettes

Namreka is a sanctuary of peace and harmony. Please be aware of the volume of your voice so as not to disturb other guests. Mobile phones and electronic devices should be switched to silent mode. Smoking and consumption of alcohol at the property are strictly prohibited.

Special Considerations

Guests who are pregnant or suffering with high blood pressure, heart conditions, allergies or any other medical conditions are advised to consult their physician before signing up for any services. Please highlight your medical condition to the therapist prior to your therapy

Valuables

The Management of Namreka Sanctuary accepts no responsibility for the loss of money or valuables of any kind.

Cancellation

Should you need to reschedule your appointment, please let us know at least seven days in advance. Appointment rescheduling is subject to availability. Any cancellation with less than seven-day notice will incur a 50% cancellation fee.



~ Create A Life You Love ~



Disclaimer

Holistic therapy facilitates interconnections between the physical, emotional and spiritual bodies. Both conscious and unconscious thoughts, fears, personal history, past conditionings, grievances, intentions, and belief systems from family, friends and societal belief structure and systems become imprinted into our subtle energy systems as well as physical body. This impacts how one feels and expresses oneself.

Personal sessions provide various sensations during and after a session depending upon the topic or issue covered. Clients may sometimes experience an increased flow of energy throughout their body and personal space creating an increased sense of well-being. Holistic therapy may also bring about the release of old emotions such as grief, sadness or anger as part of the healing process and may also bring forward outdated energetic patterns, including but not limited to, relationships with work, friends and family members. Clearing such imbalances in your subtle body may be reflected in your relationships with others and the world. Clients often find it appropriate to relax right after a session and allow the integration of the energy work to continue. Drinking water and relaxing allows the body to eradicate old toxins and energy and provide the body to integrate the energetic alterations.

Although holistic therapy is generally safe therapy but that shifts in energy occur and may create some physical, emotional or spiritual side effects which may include physical tingling, feeling lighter energetically, mild fatigue, nausea, muscle soreness, headache, thirst, changes in relationships, shifts of perception, etc. The holistic therapy practitioners are not able to anticipate and explain all possible risks and complications and the results are not guaranteed.

The holistic therapy practitioners are not trained in the medical profession and do not specialize in any medical or psychiatric conditions and behavioural disorders. The contents of this menu is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider.