

AMANOI

2018-2019 Amanoï Spa & Wellness Calendar

Amanoï works with only the world's most experienced therapists to ensure the most effective Immersion experiences possible. Shyam Goyal, Nhan Nguyen, and Joshua Hehr are the resort's in-house specialists who will consult with you on a daily basis and oversee every detail of your Immersion. Visiting specialists over the Immersion period bring additional expertise and therapy options to the Immersion programmes during their stays.

IN-HOUSE SPECIALISTS

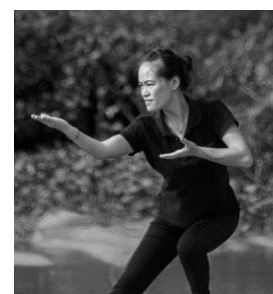


Shyam Goyal

Amanoï's Spa Manager, Shyam Goyal is a Reiki Master offering guests the powerful benefits of this renowned mind-body healing technique. Through subtle alignment of energy centres, his treatments induce relaxation, facilitate inner peace and optimise overall wellbeing. Shyam is also a yoga and Pilates instructor, and over the past fourteen years has specialised in numerous other healing modalities including Watsu, Connective Tissue Therapy and Thai Massage.

Nhan Nguyen

Amanoï's Assistant Spa Manager brings a wealth of experience in spa therapy to her role at Amanoï, as well as her expertise in Tai Chi. Nhan's sessions combine deep breathing and the slow, rhythmic movements of this ancient practice to gently rebalance the body and promote health and wellbeing. A native of Vietnam, Nhan offers insight into the country's wellness traditions as well as its cultural nuances.



Joshua Hehr, L.Ac.

Joshua is Amanoï's Immersion Programme Manager. He has been studying the classical art and philosophy of China since the early 2000's. These include Daoism, traditional martial arts, Qigong, acupuncture and herbal medicine. Graduated from New York University, he received a Master degree in East Asian Medicine and Acupuncture. He recently underwent direct meditation and yoga training with a Tibetan Bon Rinpoche in a remote Himalayan Monastery. Joshua was practicing medicine and training elite clientele in New York City before joining the Aman team.

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VISITING SPECIALISTS



15th May 2018 to 30th June 2018

Sascha Wagener: Founder of the martial arts health center 'Mein Temple' in Dortmund, Germany, and a founding member of the international 'Missing Link' martial arts community, Sascha began his martial arts training as a child. As an adult he has travelled extensively through Asia to deepen his knowledge and perspective, training in remote monasteries and temples.

5th July 2018 to 5th September 2018

Vijay Goyal: Originally from Rajasthan, India, Vijay is a specialist in yoga and holistic therapies and can advise you on what treatment is best suited to match your personal wellness goals. It is her belief that we as individuals have an important soul function or life path to live. When that part of us isn't honored or allowed to awaken, disease and many forms sets in yoga, meditation, cranio-sacral therapy, access bars, reiki and reconnection healing, inner child work, family constellation, past life regression and rebirthing breath work can help that path clear and awaken the courage to follow it.



5th September 2018 to 10th October 2018

Paul Emery: Internationally renowned British therapist and creator of QEPR Paul, became interested in the connection between the mind and body from the age of 14 as throughout most of his adult life he suffered from intense shyness, anxiety and a chronic social phobia. After decades of research and clinical experience training with specialist doctors and therapists, Paul eventually discovered his solution. A handful of rapid and effective life changing techniques that completely relieved his suffering.

5th September 2018 to 10th October 2018

Mae Samas: Mae is a registered nurse since 1985, based in Hua Hin Thailand. Mae's work has been praised highly from her time based in the Medical & Holistic Health department of International Health Resort, Chiva-Som. Mae certified as a Chi Nei Tsang practitioner in 2003 & teacher trainer in 2005, alongside living Tao, Cosmic Healing, Reflexology and Reiki. Mae's treatments are both healing & diagnostic. Her aim is to help all of her clients become healthier & to manage illness.



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1st November 2018 to 13th December 2018

Leonid Soboleff: Originally from Russia, Leonid is a specialist in Cranio sacral therapy and Vipassana meditation. At the age of 23, after completing his medical degree in Russia, Leonid moved to United States to study new healing modalities such as Cranio sacral therapy, visceral manipulation, Integrated Awareness, Body Zen therapy, Esalen massage, Iridology and Nutrition.

1st December 2018 to 30th January 2019 & 11th September to 15th November 2019

Mariko Nakari: Mariko is a holistic therapist. Her journey as a therapist started in 2004 while she was traveling in India. During her time in India she learned about Ayurveda, meditation and wanted to keep learning. The thirst for further learning led her to move to Thailand to work at the world renowned Chiva-Som International Health Resort. During her time at Chiva Som, she expanded her repertoire and learned Chi Nei Tsang, Tai chi, Qi Gong, Cranio Sacral Therapy, Myofascial Release, energy healing and more. In the past 12 years she has treated over 5,000 people from all over the world.



30th January to 28th February 2019

Jesse Lee Parker, LMT: Jesse is one of only a few non-Chinese who have trained in a traditional manner with many of the Great Tao masters of the 20th Century in the high mountains of Mainland China. Jesse is licensed as a healer, massage therapist and instructor under the Traditional Taoist Therapy Association of Taiwan, the first non-Chinese to graduate from this Institution. Graduate of the Honolulu School of Massage, Jesse also performed internship in the Beijing Tui-Na Hospital after his graduation from the Traditional Taoist Therapy Assoc. Certified Qigong Instructor and Qigong Energy Healer from the Kong Ran Qigong Institute, Beijing, under the direction of Professor Teng Ying Bo.

1st March to 31st March 2019

Alexander Ivanov: A wellness practitioner dedicated to creating authentic experiences and developing environments that encourage holistic wellbeing, Alexander is an affiliated Thai Massage and Reflexology teacher with TMC Massage School, Chiang Mai. Drawing on his extensive training in Thailand, the Maldives, Laos, Cambodia, Indonesia and Bhutan, he incorporates a broad range of healing therapies into his treatments.



1st April to 10th May 2019

Toby Maguire: A leading expert in life coaching and stress management, Toby has nearly 20 years' experience in mind and body holistic medicine. Originally from the UK, he has trained and worked worldwide, gaining a loyal client base along the way. His specialties include massage, acupuncture, hypnotherapy and life coaching. Toby is available for private consultations and personalized combinations of treatments.

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11th May to 31st May 2019

Nicolas Edward Harris: As a member of the British Society of Clinical Hypnosis, Nick offers private counselling and therapy and teaches a range of personal development workshops. Nick is the author of a range of a range of online workshops and also trains therapists in his unique form of personal work. In his therapy work, Nick integrates conventional counselling and coaching with Clinical Hypnosis, NLP, EFT and EMDR. Emotions are viewed as the body's way of communicating and personal challenges explored as opportunities for learning and growth. Nick is the owner of the Chiang Mai Wellness Centre in Thailand.



1st June to 30th June 2019

Zoe Nash: Certified as practitioner in Traditional Chinese Medicine (Acupuncture) in 2006, Zoe has over 10 years of experience in complementary medicine. Her integrated approach to healthcare encompasses the mind, body and soul. Zoe is intuitive and gentle and ensures that you will find ultimate relaxation during the treatment as well as reaching maximum benefit from these ancient wisdom traditions and methods of healing.

1st July to 10th September 2019

David Zenon: David is a Naturopath, holistic healer, writer and teacher. A health-science degree graduate, David's background includes over 16 years in the wellness industry with the last 12 of those being based in Australia. He has trained with Qi Gong masters in China and Buddhist monks in Thailand. He has even studied with kabbalists as a monastic in the Middle East. His unique, personalised treatments honour each person's connection to themselves – by treating the body as a temple. This gift helps people to discover inner peace and awaken to their potential.



FOR MORE INFORMATION

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