

Mind & Body Coaching

with Bryan Hoare
- Master Wellness Coach & Therapist



Bryan is a world-class coach and counselor with nearly thirty years experience in health and wellness, helping individuals of all ages - from children to centenarians. He has helped thousands of people develop their potential, supporting recovery from cardiovascular disease, obesity, persistent pain, stress, and depression; as well as guiding people to reach peak athletic performance and develop mental focus - including Olympic and world champion athletes.

Please connect with the spa and wellness team at wellness@aleenta.com or +66 (0) 76 580 333 to book any of the following private sessions:

- **Fitness Coaching / Personal Training**
 - Unique and inspirational training programs, with or without equipment. Helping you get fit, lose body-fat and build your potential through physical activity and movement. You will learn important facts about exercise, healthy eating, the benefits of sleep, breathing well, and how to bring healthy habits into your busy life.
- **Learn to Swim / Advanced Ocean Swimming**
 - We swim because we love the water! If you want to learn to swim, it is possible to learn in less than one-hour. This program will help you swim better, with more efficiency and greater confidence in the swimming pool, ocean and in other wild-swimming environments. This program is available for children and adults.
- **Recovery from Pain and Improving Functional Movement**
 - Musculoskeletal pain does not have to be limiting factor in our lives and affect how we function. The focus of this program is to understand pain, why it exists, and how you can live a better life with less pain and improved physical movement capabilities.
- **Mindfulness and Buddhist Psychology**
 - Learn to accept the 'unsatisfactoriness' in life, to understand that life is isn't always easy, and to live in the moment. The Buddha is known as the first person to practice psychotherapy - this program is suitable for people of all faiths. Helping you to release stress and live a more joyful life. Learn about the breath, and why it is so important to breathe with awareness.
- **Therapeutic Dialogue**
 - Conversations that will help you get the most from your life and to delve into some areas where you might want to find a new perspective. This is not clinical counselling - but open dialogue can help you see things differently, find greater meaning, more gratitude and deeper satisfaction in your life.

6500 Baht ++ for 60 minutes

CONTACT US

T : +66 (0) 76 580 333
E: wellness@aleenta.com
Whatsapp Chat: +66 (0)62 245 7745

