

# EXPLORE

## *Gita's World*

## ORGANIZE YOUR STAY WITH US



### *Anapanasti Morning Yoga*

Wake yourself up by doing this simple yet invigorating beginner morning yoga class!

Time: 07.30-08.30hrs

Fee: Pay as you Wish!

Pre-book: Maximum 6 mats.



### *Tension and Trauma Releasing*

Learn how to reactivate this release mechanism simply & safely with Tension and Trauma Releasing.

Fee: 1200 THB/person/2hrs. (1-2pp)  
or 3500 THB/group/2hrs. (3-5pp)

Pre-book your Time.



### *Mandala Art Therapy*

Both children and adults will love filling in mandalas, because of their relaxing nature and the satisfaction of color fill the frame.

Fee: 2500 THB/person/Day (6hrs) including drinks, snack break and lunch (1-5pp)



## CONTACT US

Gita's House (Baan Gita)  
Chiangrai, Thailand  
Email: gitashouse@gmail.com

+66-83-471-6556  
www.baangita.com



# EXPLORE *Gita's World*

## ORGANIZE YOUR STAY WITH US

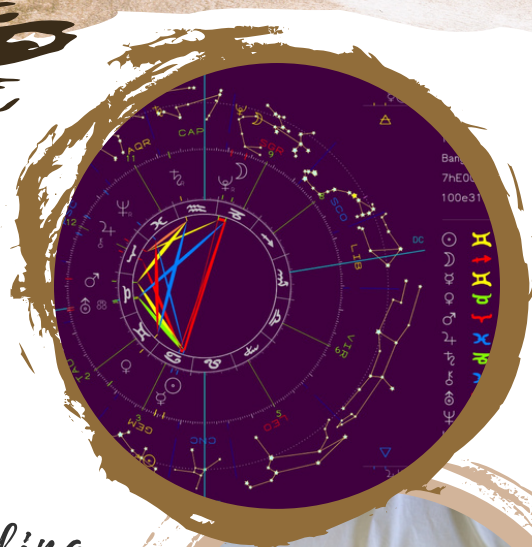


### *SkyView Astrology Reading*

Applying the REAL Star Constellations to your Life's Journey and Soul Evolution.

Fee: 3330 THB/Reading

Pre-book at least 3 days in advance



### *Crystal Singing Bowl Sound Healing*

Sound therapy has been used for millennia across various cultures to heal and uplift the human body, mind and spirit.

Time: 20.30-21.30hrs

Fee: Pay as you Wish!

Pre-book: Maximum 8 mats.



### *CHIANGRAI LAUGHTER CLUB*

We provide FREE Laughter Yoga for the healing effects of Laughter! (Or Donation Based)

Time: 09.00am-10.30am every 10th, 20th and 30th of the month led by Kay, Internationally well-known Laughter Yoga Teacher & Ambassador)



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Raindrop  
Technique

## Young Living's Raindrop Technique®:

- Unique, targeted massage
- Energy approached
- Pure, authentic essential oils
- Rejuvenate the body and mind



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Only 3000 THB/1.30hrs  
35% Off

1950 THB for In-House Guest



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## 24K GOLD LEAF

# Guasha Facial Massage



### WHAT WE OFFER



Pure 24K Gold  
Leaf 99.99%



Sound Healing  
Treatment



Guasha Face  
Treatment

2000 THB

DISCOUNT

**20%**

FOR GITA'S HOUSE  
CUSTOMER

(1600THB: 1.30HRS.)

*book today*

# ANAPANASTI YOGA SERIES

*selfcare*

## THE PROGRAMME

- Art of Living
- Anapanasati Laughter Yoga
- Use your breath controlling your emotion
- Yoga Asana
- Body stretch
- Class from 07.30-08.30 am.
- Pay as you Wish!!
- Only for Gita's guests!!
- Bookings essential



[GITASHOUSE@GMAIL.COM](mailto:GITASHOUSE@GMAIL.COM)

+66-83-471-6556



— Gita's House. —

WELLNESS  
STAY

# TENSION AND TRAUMA RELEASING EXERCISE

*Bring Your Body Back Into Balance with us...Did you know that our bodies can naturally release tension, stress & trauma?*

*Information:*

1200THB/pp/2hrs. (1-2pp)

or 3500THB/group/2hrs.

(3-5pp)

Pre-book your Time.



For inquiries call (66) 083 471 6556 or email [gitashouse@gmail.com](mailto:gitashouse@gmail.com)



GITA'S HOUSE

2500THB/pp

A DAY

1-5 PERSON

# Mandala Art Therapy

We use mandalas as a form of stress relief, a tool for art therapy, and as a meditative exercise. We help you put together a stress management plan. Both children and adults will love filling in mandalas.

## Our Service:



2500 THB/1pp/Day (6hrs)



drinks, snack and lunch



Maximum 1-5pp

CONTACT US



[gitashouse@gmail.com](mailto:gitashouse@gmail.com)



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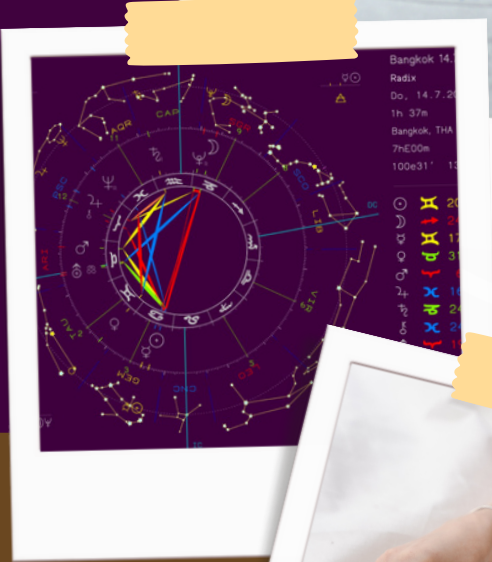
# SKYVIEW ASTROLOGY

## READING

Professional SkyView  
Astrology Consultation.

Let the Stars guide you.  
Applying the REAL Star  
Constellations to your  
Life's Journey and Soul  
Evolution.

For more information :  
**+66-83-471-6556**  
**gitashouse@gmail.com**  
www.skyviewastrocoach.com







Reservation Needed at [gitashouse@gmail.com](mailto:gitashouse@gmail.com)

# *Crystal Singing Bowl Sound Healing*

Sound therapy has been used across various cultures to heal and uplift the human body, mind and spirit.

**CRYSTAL SINGING BOWLS PRODUCE  
COMPLEX, DEEPLY PENETRATING SOUND  
WAVES THAT CUT THROUGH SUBCONSCIOUS  
CHATTER AND REGENERATE THE  
PARASYMPATHETIC NERVOUS SYSTEM.**

Pay as you Wish!! Only for Gita's guests!! Class from  
20.30-21.30 pm.with Kay, an owner of Baan Gita.