



Amazing Thailand Global Wellness Day Virtual Celebration 2021
12 June 2021
15.00 – 19.00 Hrs. (Bangkok Time)
via Zoom Webinar

- 15.00 - 15.05 Hrs. **Welcome Remarks**
by **Supranee Pongpat**
Executive Director of Europe, Africa and Middle East Region, Tourism Authority of Thailand
- 15.05 – 15.35 Hrs. **Be Healthy with Thai Wellness (30 min)**
by **Chawanat Sinthukiow**
Chairman of the Federation of Spa & Wellness Association (Thailand)
Thanan Apiwantanaporn
Vice President of Department of International Business & Marketing Development,
Institute for Small and Medium Enterprises Development
- 15.35 - 16.20 Hrs. **Self Practice Muay Thai (Thai boxing) (45 mins)**
by **Janice Lyn**
Athletes Commission Chair, International Federation of Muaythai Associations
- 16.20 - 16.50 Hrs. **Self Thai Massage, Easy Retreat at Home (30 mins)**
by **Chongkol Setthakorn**
President of International Training Massage School and The Association of Thai Massage
Chiang Mai
Sutthiruk Sitthisoonthorn (Liz)
Managing Director of International Training Massage School and President of Chiang Mai
Spa Mantra
Chulaluck Setthakorn (Kate)
Executive Managing Director of International Training Massage School and Vice President of
Chiang Mai Spa Mantra
- 16.50 - 17.20 Hrs. **Yoga Retreat (30 mins)**
by **Micky Kometsopa**
Founder and CEO of Flexi Lexi Fitness and Retreat to Paradise Thailand
Ticha Maleegrai
Yoga Instructor at Flexi Lexi Fitness and Retreat to Paradise Thailand
- 17.20 - 17.50 Hrs. **Thai Dance with Fitness Exercise (30 mins)**
by **Lydia Tantiviramanond**
Thai Fit Studio
- 17.50 - 18.30 Hrs. **Resilience of Life during the Covid Time
(Monk Chat and Meditation) (40 mins) (Eng/Rus)**
by **Dipabhavan Meditation Centre, Koh Samui**
- 18.30 - 19.00 Hrs. **Find Your Inner Peace (Singing Bowl) (30 mins)**
by **Keerana Sripongpunkul**
Six Senses Wellness and Spa Director, Six Senses Samui
- 19.00 Hrs. **Closing Remarks**

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