

HEALTH, ART, SPIRITUALITY... IN THAILAND... SANTÉ, ART, SPIRITUALITÉ

This list is not exhaustive, it may contain some errors. As things are constantly changing, some of these contacts may not be valid anymore and some of the given information may have changed.

The practices and treatments offered by the organizations and persons on this list may not be appropriate for you. Please use your own discrimination.

CHIANG MAI AREA – RÉGION DE CHIANG MAI

- Moon Tree Healing Centre & WellSpring: Chiang Mai Wellness Community Guide**, Ellen@ThaiMoonTree.com, www.ThaiMoonTree.com
Moon Tree puts on wellness events, organizes "Meet the Healer" tours and publishes a monthly newsletter of CM community events.
- Old Chiang Mai Traditional Medecine Hospital**, 78/1 Chiang Mai-Hod Rd, Chiang Mai, 053.275.085, www.messageTMS@thaipun.com.
Ten-day courses of Thai Massage twice a month. Certificate, membership, and place for practice available.
- The Sunshine Network**, www.thaiyogamassage.infothai.com
Classes in Thai Yoga Massage in the Sunshine Mountain Lahu Village, 80 km from Chiang Mai.
- Sunshine Massage School**, 159/2 Kaew Nawarat Soi 4, Chiang Mai, 053.262.574, fax 053.249.594, www.sunshine-massage-school.com
10-day Traditional Thai Massage classes starting every Monday. School accredited by the Ministry of Education.
- Lek Chaiya Massage**, 25 Ratchadamnoen Rd, Chiang Mai 50200, 053.278.325, tanavid@loxinfo.co.th, www.nervetouch.com
Training course in Thai Traditional Nerve-Touch Healing (Massage). Herbal teas and vegetarian food. Classical music.
- Pichest Boonthomme**, 3/3M. 5, T. Bahn Vehn, A. Hang Dong, Chiang Mai 50230, 053.441.704.
Continuous Thai Massage courses. Adjan Pichest is teaching a spiritual approach of Thai Massage.
- International Training Massage (ITM)**, 17/7 Morakot Rd, Chiang Mai, 053.218.632, itm60@hotmail.com, www.infothai.com/itm/
1 to 6-week courses of basic and advanced Thai Massage (6 levels) by Chongkol and Atchara Setthakorn. Courses start every Monday.
- Mungkala**, 21 Ratchamanka, 50200 Chiang Mai, 053.278.494, 053.208.431, fax 053.208.432, mungkala@cm.ksc.co.th
Khun Rungrat and Khun Sudhisak offer Traditional Chinese Medicine, Acupuncture, Chinese Herbs, and Traditional Chinese Medicine courses.
- Ayurveda Center**, 54/9 Singharat Rd, Sripum, Chiang Mai 50200, 053.416.455, www.detox-chiangmai.com
Dr. Suchada offers Ayurvedic Treatments, Vatha, Pitta & Kapha Balancing Program, Panchakarma, Detox Program, Colonic Hydrotherapy.
- Wat Umong**, soi Wat Umong, Suthep Road, Chiang Mai, 053.810.270
Every Sunday at 3 pm an informal teaching in English is given by a monk in the Chinese pavillon near the lake. Extensive Buddhist library.
- Wat Ram Poeng**, T. Suthep, A. Muang, Chiang Mai 50200, 053.278.620
The Northern Insight Meditation Center offers 7, 10, 15, 26-day Vipassana meditation retreats. Courses supported by donations.
- Wat Suan Dok**, Suthep Rd, Chiang Mai, 053.278.967 ext. 11, 084.775.10724, thaimonkchat@yahoo.com, www.monkchat.net
Monk Chat: Mon, Wed, Fri 5.00 to 7.00 pm. Free Meditation Retreat: Sun 2.00 pm to Mon 1.00 pm.
- Green Papaya Sangha**, at The Yoga Studio, 65/1 Arak Road, Chiang Mai 50200, greenpapayasangha@gmail.com
Group meditation in the tradition of Thich Nhat Hanh. Meets Thursday evenings at 7.30 pm at The Yoga Studio.
- Raja Yoga Meditation Centre**, 218/6 Chotana Rd, Chiang Mai 50300, 053.214.904, pinoibkc@cm.ksc.co.th, www.bkwsu.com/
Daily meditation 19.00 to 19.30. For info about individual classes, retreats and workshops please call Noi (evening). All classes are free.
- Tai Chi**, Naisuan House, 3/7 Doi Saket Kao Soi 1, Chiang Mai, 053.306.048, 081.706.7406, keithtaichi@yahoo.com, www.taichithailand.com
Keith Good offers an intensive course in Tai Chi Chuan, with Chi Kung, Meditation and Tai Chi Philosophy. Starts 1st and 16th of each month.
- Tao Garden**, 274/1 Moo 7 Luang Nua, Doi Saket, Chiang Mai 50220, 053.495.596-9, info@tao-garden.com, www.universal-tao.com
Mantak Chia offers one-week intensive Tao retreats, in Winter and Summer. The centre is open as a Health Resort throughout the year.
- Chiang Mai Municipality Stadium**, Rattanakosin Road, Chiang Mai
Every morning Chi Kung class at 5.45 am and Tai Chi class at 6.30 am. The classes are given free of charge as a gift to the community.
- The Yoga Studio**, 65/1 Arak Road, Chiang Mai 50200, 086.192.7375 (Adam), www.yoga-chiangmai.com
Highly qualified teachers offer classes and workshops for beginning to advanced students.
- Sara Avant Stover**, Chiang Mai, 087.891.4883, mirabai@gmail.com, www.fourmermaids.com
Sara offers a personalized approach to private and group yoga classes, as well as Ayurvedic lifestyle consultations and cooking classes.
- Mae Sariang Yoga Center**, Mae Sod Road, Mae Sariang 58110, 061.156.760, sev.d@laposte.net, www.geocities.com/yogainthailand
Séverine is teaching Sivananda Yoga in a very quiet and peaceful place. 5 or 10-day workshops and on-going classes.
- Pierre Wittmann**, Chiang Mai, 053.892.180 ext. 508, 089.431.0753 (October to April), pierre@wisdomlight.org, www.wisdomlight.org
Human Design, PMT Pyramidal Memories Transmutation, Chromotherapy, Reiki classes, I Ching, Angelic Healing. By appointment.
- CranioSacral**, Chiang Mai, 086.587.5240, itwillbe4u@yahoo.com, www.integrated-cranial-workshop.com, www.thanatology-workshop.com
Rosemary offers CranioSacral individual sessions and monthly workshops. Thanatology (the study of death and dying) workshops also available.
- Silky Piehler**, Chiang Mai, www.IntegratedThaiBodywork.com
Silky offers Integrated Thai Bodywork.
- Christine Olivares**, Chiang Mai, 081.03.05.777, christineolivares@yahoo.fr, www.alternative-therapies-reiki-relaxation.com
Christine proposes Reiki Courses and Relaxing Sessions from Asia with Reiki, Asian Bio-Energetics, Foot and Head Relaxing Massages.
- Bio-Energetic Therapy with Cory**, Chiang Mai, 081.881.1004, cory@loxinfo.co.th, www.asianhealingartscenter.com
BET is a combination of ancient arts of oriental healing, for body, mind and spirit, useful to relieve aches and pains. No drugs, no herbs.
- The LeelaVadee**, Canal Road, 207 Baan Nei Fun 3, CM 50100, 053.283.281, 081.882.8267, info@cleanselife.com, siamlotus@bigfoot.com
Private Deep Inner Cleansing, Rejuvenation Programs, Vibrational Remedies, Energy Healing by experienced European/Asian team.
- Julia Jus**, 120/51 Palm Springs Place, Omm Muang Rd, Chiang Mai, 053.241.249, julia@juliajus.com, www.juliajus.com
Julia Jus is a Health Consultant and offers services in Naturopathy, Homeopathy, Colon Hygiene, Chi-Kung and Taoist Meditation.

Silver Dove Network and Soma Center, Chiang Rai, 053.702358, 086.923.1500, katharina@silverdove.net, www.silverdove.net
Katharina Bless gives Workshops, Sound Healing with Singing Crystal Bowls, Bach Flower Essences, SkyView Astrology life-readings.

Shanti Bhavan Ashram, Measa-Sameang Rd, Mearim District, Chiang Mai, 053.299.323, Budha@thamaravati.net, www.amaravati.net
Dr. Budhacharan gives introduction to Transcendental Meditation. 3 days, 5 sessions course.

The Pothiyalai (The Center of Light), Chiang Mai, 081.882.8026, jasmine@loxinfo.co.th, www.pothiyalai.com
Jasmine Vishanu is offering Spiritual Counseling, Clairvoyant Readings, Weekend Seminars and Executive Training.

Hillside Fitness Center, Hillside Plaza, 4th floor, 50/115 Huaykaew Road, Chiang Mai 50200, 053.225.984 ext. 2401-2
The Center offers fully equipped gymnasium, sauna, swimming pool, massage, aerobic, yoga, health food bar. Membership available.

Nova Collection, 27/8 Thapae Rd soi 4, Chiang Mai 50300, 053.206.134, PatJah@hotmail.com, www.thaiway.com/nova
In their Jewelry Gallery, Pat and Jatu offer Jewelry Making 5-day workshops for beginners and advanced students.

HQ Art Gallery, 3/31 Samlan Rd, Chiang Mai 50200, 053.814.717-8, fax 814.719, hqgroup@loxinfo.co.th, www.hqpapermaker.com
A factory of Thai handmade and milled papers has opened an Art Gallery near Wat Phra Sing. Mon to Sat, 8.30 to 17.30.

The Dhamma Park Gallery, 109/2 Bahn Pasang Noi, Moo1, Bahn Pan, A. Meung, Lumphun 51000, 053.521.609, dpp@loxinfo.co.th
Two sculptors, Venetia Walkey and Inson Wongsam, have opened a Contemporary Centre for Buddhism & the Arts in a beautiful garden.

SOUTH THAILAND – THAÏLANDE DU SUD

Wat Suan Mokkh, Chaiya, Surat Thani 84110, 077.431.552, 077.431.661-2, fax 431.597, dhammadana@usa.net, www.suanmokkh.org
Ten days meditation retreat (Anapanasati), from 1st to 10th of each month. Teaching in English by monks or lay disciples of late Ven. Ajahn Buddhadasa. Reservations unnecessary, please register before 3:00 pm at the end of previous month.

Wat Kow Tham, PO Box 18, Koh Pah Ngan, Surat Thani 84280, watkowtahn@watkowtahn.org, www.watkowtahn.org
Ten and twenty-day vipassana meditation retreats. Teachings in English by Steve and Rosemary Weissman. Pre-register early, space is limited.

Here & Now, GPO Box 12, Koh Tao, Surat Thani 84280, www.HEREandNOW.be, contact@HEREandNOW.be
Chi Gong/Tai Ji, Yang Style Short Form, Long Form, Sword Form, Fan Form, Push Hands, Meditation, Traditional Thai Yoga Massage.

Health Oasis Resort, Koh Samui, 077.420.124, 236.255, fax 420.125, contactus@healthoasisresort.com, www.healthoasisresort.com
Fasting & cellular cleansing, liver, lungs, candida, pms. Health Products, Courses in Thai Massage, Thai Cooking, Reiki, Yoga.

Samui Dharma Healing Center, Koh Samui, Surat Thani 84140, 077.234.170, fasting@dharmahaalingintl.com, www.dharmahaalingintl.com
Hillary offers 7 or 14-day fasting and internal cleansing program, with Meditation, Chi Kung, Yoga, Foot Reflexology, Diet Counseling.

BANGKOK AND CENTRAL THAILAND – BANGKOK ET RÉGION DU CENTRE

World Fellowship of Buddhism, 616 Benchasiri Park, soi Medhinvet, Sukhumvit soi 24, Bangkok 10110, 02.661.1284-9
Vipassana meditation course on the first Sunday of each month from 2 to 6 pm. Teachings in English by a monk. Free of charge.

Wat Mahathat, Tha-Phrachan, Bangkok 10200, 02.222.6011, 02.222.4981
Section 5 of Wat Mahathat is giving Vipassana meditation classes in English.

The House of Dhamma, Bangkok 10900, 02.511.0439, wizrhamma@yahoo.com, www.houseofdhamma.com
Ajahn Helen gives Sunday Meditation Classes, free of charge, Meditation Retreats, Reiki and Magnified Healing and Buddhist Study Courses.

Vipassana meditation, Pornphen Leenutaphong, 929 Rama I Rd, Bangkok 10330, 02.216.4772, pornphen@anet.net.th, www.dhamma.org
Ten-day meditation retreats (S. N. Goenka technique). Two Centers in Prachinburi and Phitsanulok. The courses are supported by donations.

Wat Po Thai Traditional Massage School, 2 Sanamchai Road, Bangkok 10200, 02.221.2974, 02.225.4771, WatPoTTM@netscape.net
Thai Traditional Massage and Foot Massage courses are given in English. Certificate available. Open daily from 8 am to 5 pm.

Yoga Asana, Khun Noo, 310/1 Soi Ekamai 16, Sukhumvit 63, Bangkok 10110, 02.392.9869
The Yoga School is open Monday to Saturday. Individual guidance is given in Thai, English or Japanese. No appointment needed.

Kundalini Yoga, Pieter, Bangkok, 02.656.7700 ext 2323, pieter@kundalini-matashakti.com, www.kundalini-matashakti.com
Kundalini Yoga is taught by Pieter, an original student of Yogi Bhajan.

Marie-France Champagne, Chatuchak area, Bangkok, 089.494.4679, mfchampagne@gmail.com
PMT (Pyramidal Memories Transmutation), Kundalini Yoga and Reiki.

Shanti Govind, 58/8 Sawaddi Villa, Sukhumvit soi 31/4, Bangkok 10110, 02.261.2090, govind18@loxinfo.co.th, www.srcm.org
Morning and evening practice of Sahaj Marg Meditation, free of charge.

Susan Adler-Shaw, 135-553 Moo 6, Salaya, Phuttamonthan Sai 4, Nakorn Phatom 73170, 02.889.3110, 089.212.1782, satya_satnam@yahoo.com
Kundalini Yoga, the Yoga of Awareness, through meditation, chanting, asanas, mudras and breathing. 'Breathe the Breadth of Life' on Sundays.

Gerry Doyle, Creative Change Ltd, 316/4 M 12 Tappraya Rd, Jomtien, Banglamung, Chonburi 20260, gerryd@loxinfo.co.th
Gerry is a Usui, Karuna and Seichem Reiki Master, a Clinical Hypnotherapist and Counsellor, and a Master-Teacher of Magnified Healing.

Here & Now, Nong Phai, 67140 Petchabun, 086.981.8617 (Martin), 089.906.1757 (Ron), contact@HEREandNOW.be, www.HEREandNOW.be
Martin & Ron offer courses in Taijiquan and Qigong, Traditional Thai Yoga Massages and cooking classes, 300 km North of Bangkok.

For info on Meditation in SE Asia visit www.retreat-infos.de

A Guide to Buddhist Monasteries and Meditation Centres in Thailand, by Bill Weir, and *IBMC Guide to Buddhist Meditation Retreats in Thailand*, by Helen Jandamit. These two little yellow books will give you detailed information about monasteries and meditation centres in Thailand, as well as a thorough introduction about meditation retreats. Available in bookshops.

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Any suggestions, corrections, or additional information are welcome, please contact Pierre Wittmann at pierre@wisdomlight.org.

May this Information be a Source of Peace and Happiness in the World