



COMO  
SHAMBHALA  
POINT YAMU

WELLNESS WITH PURPOSE  
WITH BEATA JUSTKOWIAK





From April 18th to 21st 2024, psychologist and certified life coach Beata Justkowiak is in residence offering thought-provoking and results driven workshops.

The programme combines physical treatments and creative exercises, helping you to relieve stress, promote focus and reconnect with body and mind. Each workshop is designed to be entirely flexible – feel free to drop in or enjoy sessions throughout the weekend.

#### **MIND AND BODY – BODY'S WISDOM (TRE)**

THURSDAY, APRIL 18th, 6.00pm to 8.00pm

Reconnect with your body and mind to feel lighter and refreshed. Through a combination of gentle movement, mindful attention, and TRE (Tension and Trauma Releasing Exercises), you'll learn to release stress, let go of stored physical tension, and improve your body awareness.

*THB 3,600*

#### **UNCOVERING THE PROCESS OF CHANGE FOR RECOVERING PERFECTIONISTS**

FRIDAY, APRIL 19th, 9.00am to 11.00am

This transformative workshop dives deep into the psychology of change, equipping you with practical tools to break free from perfectionism. You'll tackle negative thoughts and behaviours, and use psychology-backed strategies to craft a personalised action plan to help you progress your goals.

*THB 3,600*

#### **TABLE TALKERS WITH BEATA**

FRIDAY, APRIL 19th, 6.00pm to 7.00pm

Join Justkowiak and your fellow guests for conversation and meaningful connection over dinner. Enjoy a menu of nutritious and healthful dishes whilst discovering new perspectives, memories and friendships. 30-minute private coaching and TRE sessions are also available to book.

*THB 4,200*

#### **BECOMING: VISION BOARD WORKSHOP FOR A FOCUSED 2024**

SATURDAY, APRIL 20th, 9.00am to 11.30am

Tap into your imagination and create a vision board that supercharges your motivation and helps you set achievable, actionable resolutions. Use creativity to identify core values and desires, and find a deeper sense of purpose through guided self-reflection exercises.

*THB 4,500*

#### **MELT AWAY STRESS LIKE AN OLYMPIAN: RELAX AND RECHARGE WITH PMR**

SATURDAY, APRIL 20th, 7.00pm to 8.00pm

This exclusive evening session is dedicated to calming your mind and body. Through PMR (Progressive Muscle Relaxation) – the technique used by athletes to inspire peak performance – you'll experience deep mental and physical relaxation, leaving you energised and refreshed.

*THB 1,800*

#### **PAUSE WITH PURPOSE: BRAIN-EFFECTIVE BREAKS FOR BUSY MINDS**

SUNDAY, APRIL 21st, 9.00am to 11.00am

Purposeful breaks feel like a luxury, but are essential for maintaining a healthy body and mind. In this workshop, you'll learn how to take brain-effective breaks that disconnect you from work and worries, giving you a renewed sense of focus and creativity.

*THB 3,600*

#### **GROWTH-PROVOKING JOURNALING**

SUNDAY, APRIL 21st, 1.00pm to 2.00pm

Embark on a transformative journey of self-exploration, to break free from routines and connect with your inner wisdom. Through guided journaling prompts and visualisation exercises, you'll challenge your comfort zone, banish limiting thoughts and craft a clear vision for your future.

*THB 1,800*

---

#### **Terms and Conditions:**

Enjoy five per cent discount with every booking of two workshops and more. In-house guests enjoy 10 per cent discount with every booking of a workshop. The price is subject to 10 per cent service and seven per cent VAT. A non-refundable 50 per cent deposit is required at the time of booking to secure the booking. The remaining 50 per cent of the booking will be required 48 hours prior to arrival

---

To book a session with Beata Justkowiak, please contact COMO Shambhala below.  
E. [comoshambhala.cpy@comohotels.com](mailto:comoshambhala.cpy@comohotels.com)  
T. +66 76 360 133