

A NEW KIND OF REHAB IN NORTHERN THAILAND

29/3/2018

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DUE to the today's hectic lifestyles, a new kind of rehab was born. The Dawn, a rehab and wellness centre, launched last year located in a secluded setting in Chiang Mai. Introducing the Executive Burnout Programme, a new therapeutic programme catering specifically for those dealing with stress and depression caused by overwork and pressure to perform at work.



An average day on the programme starts with a 45-minute yoga session then breakfast buffet-style. The group then separate into individual mindfulness or meditation lessons before an hour of gym or fitness with personal trainers.

After lunch, a sit-down with the counsellor for some advice about managing stress, setting priorities and self-care. Then the group can practice yoga or go on an excursion to explore the natural surrounding of beautiful Chiang Mai followed by dinner and turning in for the night.

The rehab and wellness centre can cater up to 20 clients at any given time, and it provides treatment and counselling for those fighting drugs, alcohol, sex and gambling addictions as well. The centre also runs a trauma programme for those who experienced disasters, war or PTSD.

For more information, visit thedawnrehab.com

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"Come 2 Pay 1" for International Lunch Buffet at Amara Bangkok

2017 Wed Dec 20th 12:00pm - Sat Jun 30th 2018 2:30pm

"JARUWAT: Mostly People" A Solo Exhibition by Jaruwat Normrubporn

Sat Mar 3rd 10:00am - Mon Apr 30th 5:00pm

Sunday Mambo Madness

Sun Mar 18th 4:30am - Sun Apr 29th 4:30am

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