

R3 Life Wellness Center Supports ANAPANA SATI, Advancing Lifestyle Medicine Through Mindful Movement

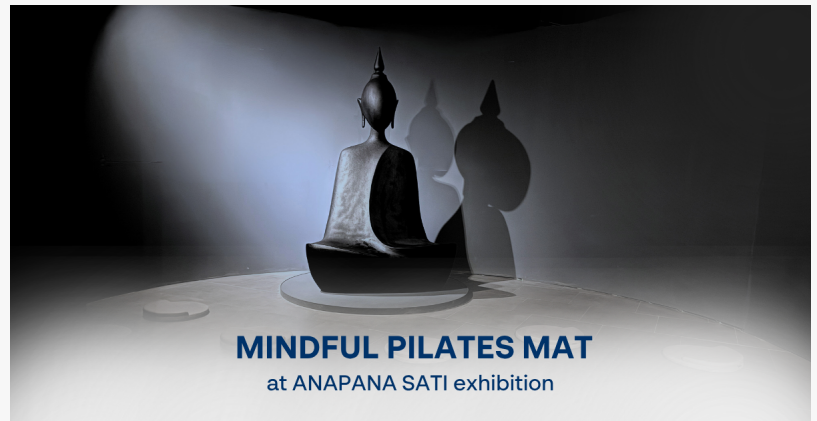
R3 Life brings Personalized Wellness and Lifestyle Medicine to ANAPANA SATI through MOVE INTO YOUR FUTURE SELF, a mindful Pilates experience.

BANGKOK 10140, SILOM, THAILAND, August 18, 2026 /EINPresswire.com/ -- R3 Life Wellness Center Supports ANAPANA SATI, Showcasing the Philosophy of Lifestyle Medicine Through "MOVE INTO YOUR FUTURE SELF" A Mindful Pilates Mat Experience for Sustainable Well-being

Bangkok, Thailand – As living longer is no longer the sole goal of modern healthcare, people around the world are increasingly embracing the concept of Healthy Longevity, living not only longer, but with vitality, resilience, and the freedom to enjoy life at every stage.

Believing that lasting health and longevity begin with understanding and listening to our own bodies, R3 Life Wellness Center is proud to support ANAPANA SATI, Immersive Mindfulness Exhibition, an immersive exhibition inviting visitors to pause from the pace of everyday life, reconnect with their breath, become aware of their bodies, and rediscover themselves through an experience that combines art, mindfulness, and tranquility.

The exhibition will be held at RCB Galleria 3, River City Bangkok, from 10 August – 28 September



The immersive ANAPANA SATI exhibition invites visitors to pause, reconnect with their breath, and explore mindfulness through art and contemplation.



R3 Life Wellness Center representatives and guests at the ANAPANA SATI Immersive Mindfulness Exhibition at River City Bangkok.

2026.

For R3 Life, this collaboration reflects the core principles of Lifestyle Medicine and Preventive Medicine—an approach that focuses on understanding each individual's body, lifestyle, and daily habits before illness develops, rather than waiting until disease occurs.

"Today, people are no longer seeking simply to live longer. They want to live with strength, energy, and the ability to continue doing what they love

throughout every stage of life," said Ms. Patcharaporn Petchdaeng (Best), Business Director of R3 Life Wellness Center.

She added that the conversation around health is shifting from asking "What is the best treatment?" to "What is the most suitable approach for me?"

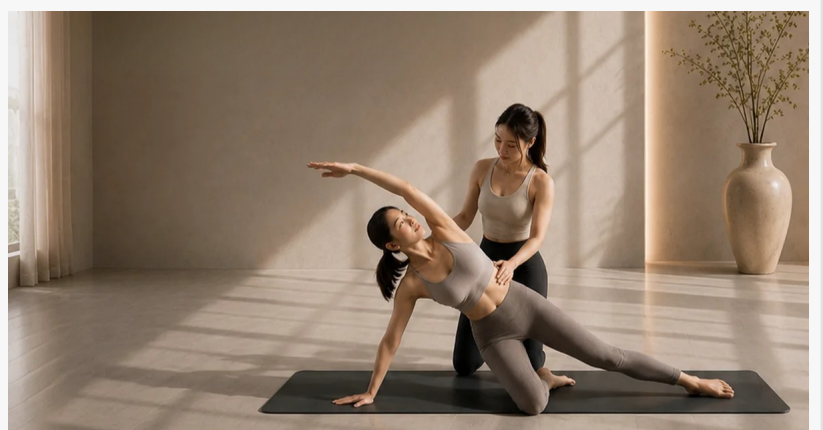
"There is no single healthcare solution that works for everyone. Every individual has different genetics, lifestyles, goals, and limitations. At R3 Life, we believe in Personalized Wellness. Rather than beginning with a treatment package, we begin by listening—understanding each person's health, lifestyle, and aspirations before designing an individualized wellness plan under the supervision of physicians certified by the American Board of Anti-Aging and Regenerative Medicine (ABAARM) and the International Board of Lifestyle Medicine (IBLM)."

MOVE INTO YOUR FUTURE SELF: Where Mindful Movement Becomes the Beginning of Lifelong Well-being

As part of ANAPANA SATI, R3 Life presents MOVE INTO YOUR FUTURE SELF, a Mindful Pilates Mat Experience designed to reconnect participants with both body and mind through intentional breathing and mindful movement.

Rather than focusing on high-intensity exercise, the class encourages participants to slow down, observe their bodies, improve movement awareness, and restore physical balance. The experience reflects ANAPANA SATI's belief that meaningful transformation begins by returning to oneself.

The sessions are led by Coach Jajaa (@JJAVARATN), a Pilates instructor with more than six years of professional experience specializing in Personalized Rehabilitation. Integrating Breathing, Mobility, and Strength, the class is thoughtfully designed to accommodate participants of all



MOVE INTO YOUR FUTURE SELF, a Mindful Pilates Mat Experience by R3 Life, combines mindful breathing, mobility, strength, and body awareness.

fitness levels while promoting safe, individualized movement.

Throughout the experience, participants will develop effective Mindful Breathing, improve Mobility, build balanced Strength, and enhance Body Awareness, all of which form the foundation of long-term health and well-being.

Because the Future of Health Begins with Understanding Yourself

R3 Life believes that the future of wellness is not about following trends or one-size-fits-all solutions, but about understanding yourself and choosing the healthcare approach that best fits your body and your way of life.

This philosophy is embodied in R3 Life's vision, "The Future for New Life," which reflects the belief that our future health is not determined by age alone, but by the everyday choices we make, from how we breathe, move, and rest, to how we care for our health in ways that are appropriate for each individual.

For R3 Life Wellness Center, supporting ANAPANA SATI is more than sponsoring an exhibition. It is about creating meaningful opportunities for people to pause, reconnect with themselves, and take the first step toward a healthier, more fulfilling, and sustainable future.

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