



MOVEMENT THERAPY

The natural aging process can affect mental and physical performance and decrease brain capacity, and therefore quality of life. Physical abilities such as walking are essential for the independence of the elderly.

We offer walks, water gymnastics, swimming, dancing, ball games, light training and other movement therapy activities.

In addition, our residents and guests can help with small jobs in the garden or the kitchen, when they wish.

Our goal is to promote the independence and resourcefulness of residents.

In addition to swimming we practice aqua fit, aqua jogging and aqua gym with our residents. The buoyancy of water relieves joints, muscles, spine and intervertebral discs of normal body weight. The daily load of our body weight on muscles and joints is reduced in water to around 10% of its normal weight.

Due to the exceptional climate in Thailand, our swimming pools can be used all year round.