



Meet Visiting Practitioner Khun Pairoch

A Journey of Wellness Excellence

With more than 20 years of experience across Thailand and the Maldives, Khun Roch (Pairoch Petchnuan) has guided guests at world-renowned destinations such as Soneva Kiri Koh Kood, Six Senses Samui, Museflower Retreat Chiang Rai, and Soneva Fushi Maldives. Holding a Bachelor's degree in Sport Science from Kasetsart University, he blends scientific knowledge with traditional Thai practices to create transformative fitness and wellness journeys.

Internationally Acclaimed Service

Khun Roch's career spans roles as Wellness Instructor, Spa Manager, and Experience Manager, giving him a holistic understanding of guest needs. Known for his motivating presence and ability to inspire confidence, he combines modern fitness with Thai healing arts to deliver memorable, enriching experiences.

Experience Wellness with Khun Roch

Guests can expect sessions that go beyond workouts, each class is an experience of energy, clarity, and renewal. His guidance encourages purposeful movement, mindful breathing, and a sense of balance and vitality. His presence at Anawa is an invitation to embark on a journey of balance, vitality, and transformation.

Holistic Skills & Specializations

Service	Duration	Price
Personal Training	60 mins	1,500 Baht
Thai Boxing Exercise	60 mins	1,500 Baht
Super Stretching	60 mins	1,500 Baht
Boot Camp	60 mins	1,500 Baht
Guided Hiking	90 mins	1,500 Baht
Yoga	60 mins	1,500 Baht
Tai Chi	60 mins	1,500 Baht
Mat Pilates	60 mins	1,500 Baht
Sport Massage	60/90 mins	1,500/1,800 Baht

Prices are subject to 10% service charge and 7% vat.

Complimentary group classes are available according to the monthly schedule.

Please contact the reception at



for more information.