



Meet Visiting Practitioner Khun Uaichai

At Anawa, we are honored to welcome Khun Uaichai, an experienced wellness and fitness professional with over 20 years of expertise across renowned resorts, celebrated wellness retreats, and holistic fitness programs. His journey has taken him from Thailand to the Maldives and beyond, guiding guests through yoga, Thai boxing, fitness training, massage therapies, and holistic wellness activities. Known for his approachable personality, service-minded attitude, and ability to tailor experiences to international clientele, Khun Uaichai brings a unique blend of knowledge and warmth to every session. Guests at Anawa can look forward to transformative practices that nurture body, mind, and spirit, whether through energizing fitness classes, restorative yoga, or deeply relaxing massage therapies.

A Journey of Wellness Excellence;

Khun Uaichai's career spans some of the most prestigious destinations in the world, from Chiva-Som Hua Hin and Dusit Thani Maldives to Six Senses and Kamalaya Koh Samui. His journey reflects a lifelong dedication to helping guests achieve balance, vitality, and inner harmony. Today, he continues this mission as the founder of U Fitness Pranburi, while sharing his gifts as a visiting practitioner at Anawa.

Internationally Acclaimed Services;

Known for his service-minded attitude, adaptability, and clear communication, Khun Uaichai has worked with guests from all over the world, tailoring each session to individual needs. His approachable personality and professional expertise ensure every encounter is both enriching and memorable.

Experience Wellness with Khun Uaichai;

Whether you seek rejuvenation through yoga, strength through fitness, or relaxation through massage therapies, Khun Uaichai brings a wealth of knowledge and heartfelt dedication to every session. His presence at Anawa is an invitation to embark on a journey of balance, vitality, and transformation.

Holistic Skills & Specializations

Guests can experience a wide range of transformative practices with Khun Uaichai, including:

- **Yoga & Mind-Body Practices:** Gentle Yoga, Hatha, Vinyasa Flow, Yogilates, Tai Chi.
- **Fitness Training:** Personal Training, Functional Training, HIIT, TRX, Pilates, Boot Camp.
- **Thai Boxing & Movement:** Traditional Muay Thai sessions and aquatic specialty classes.
- **Massage & Bodywork:** Thai Massage, Aromatherapy, Deep Sport Massage, Chi Nei Tsang, Indian Head Massage.
- **Outdoor Wellness:** Forest bathing and guided hiking for a deeper connection with nature.

Please contact the reception at



for more information.