

BODYWORK · NERVOUS SYSTEM REGULATION · TRAUMA RELEASE

Holistic Healing *with Nad*



INTRODUCTION

Hello,
I am
*Nader
Marwani*



Also known simply as Nad, the name most people come to know me by through my healing work. Healing is not something I chose, *it is a gift that chose me*. From an early age, I felt a natural ability to sense where the body holds pain and how to help release it.

While I have formal training to support this path, my work is guided first by energetic resonance and the body's wisdom. Every session is unique because every body tells its own story. My role is to listen, guide and support your return to balance.

APPROACH & METHODS

My healing *approach*

With more than 10 years of experience in healing and bodywork, I have refined an approach that integrates multiple traditions and techniques, creating a truly personalised experience for each client.

My work combines principles and methods from

01 Chiropractic alignment

02 Physical therapy

03 Deep tissue & neuromuscular

04 Acupressure & cupping

05 Hijama, traditional Islamic medicine

06 Somatic intelligence

07 Thai traditional therapy

What makes each session unique is not just the blend of these tools, but how they are applied in response to what the client's body and energy are asking for in that moment.

Through this tailored bodywork, I focus on helping the body release stored physical, emotional and psychological trauma. My goal is to support the regulation of the nervous system, restore alignment and posture, and create space for deep healing, not just on a physical level, but in the emotional and energetic layers where true transformation begins.

WHO THIS HEALING WORK IS FOR

For anyone seeking to restore
balance in *body, mind and energy*.

Whether you are living with chronic pain, recovering from injury, or carrying the weight of unresolved emotional or psychological tension, each session is designed to meet you where you are. Clients come for support with:

01 Release of stored emotional and physical trauma

02 Stress, fatigue and energetic imbalance

03 Nervous system regulation

04 Chronic tension, pain and misalignment

05 Mobility and postural correction

06 Injury prevention and rehabilitation

Every session aims to help the body let go of what it no longer needs, creating space for relief, recovery and resilience.

What to *expect*

Every session is a unique journey guided by what your body is asking for in that moment. There are no fixed routines; only presence, inner knowing and deep listening.

Techniques may include manual alignment, deep tissue or neuromuscular release, gentle acupressure or traditional cupping, all applied in response to your needs.

Trauma can manifest in various ways, through tears, yawns, laughter, coughing, trembling, heavy sweating, gas release, a runny nose or complete stillness. You may feel emotional, light-headed, deeply calm or simply quiet. *All expressions are welcome.* This is a safe, confidential space where nothing said or felt ever leaves the room, and you are free to let your body release however it needs.

Afterwards, give yourself time to rest and integrate. Healing continues beyond the session, often in the quiet moments when you feel most like yourself again. The lymphatic system is usually activated after treatment, so increased urination or frequent visits to the toilet are completely normal as the body begins to release and rebalance.

How to *prepare*

01

Before

To support your body's natural healing process, please avoid eating or drinking for at least two hours before your session. For longer sessions or ceremonies, it is best to fast or keep meals light and plant-based on the day, as this helps ease digestion and allows the body to stay fully present.

02

Intention

It is often helpful to arrive with a clear intention, whether it is to let go of what no longer serves you or to call in something new that you wish to embody. And if you are unsure what you are carrying or searching for, that is perfectly fine too. Sometimes the body leads before the mind understands, and being open to the unknown is a powerful intention in itself.

03

Clothing

Wear loose, comfortable clothing that allows for movement. For women, soft shorts and a sports bra are ideal. For men, shorts are recommended.

04

After

After your session, try to keep your schedule quiet and spacious. Many clients feel a strong need to rest, reflect or even sleep. Give yourself permission to slow down and let the work continue to unfold gently.

AT A GLANCE

Session types *& rates*

SESSION	DURATION	THB
Discovery Session	2 hours	6,000
Deep Dive Session	3 hours	9,000
Healing Ceremony	6–7 hours	20,000
Targeted Follow-Up	1 hour	3,000
Hijama Therapy	1 hour	4,000
Physical Rehabilitation	60 min	2,000

New clients begin with a Discovery Session, the ideal starting point for everyone, regardless of the issue.

Discovery *Session*

2 hours · 6,000 THB

This session is the ideal starting point for everyone, regardless of the issue. It offers the space to assess your current condition, identify root causes and begin treatment in a focused, intuitive way.

Whether you are dealing with chronic pain, past trauma or general imbalance, this is where we begin to understand how your body responds and what it truly needs. In many cases, the session alone may be enough to create significant relief. If the condition is more complex, it helps us determine the best path forward, how many sessions may be needed, and which combination of techniques will offer the most effective results. You will receive personalised insights and recommendations to support your healing journey with clarity and intention.

Deep Dive *Session*

3 hours · 9,000 THB

A more immersive healing experience that allows for deeper work on chronic tension, trauma release and nervous system regulation. Best for clients ready to explore layered issues or accelerate their recovery journey.

SESSION TYPES & RATES

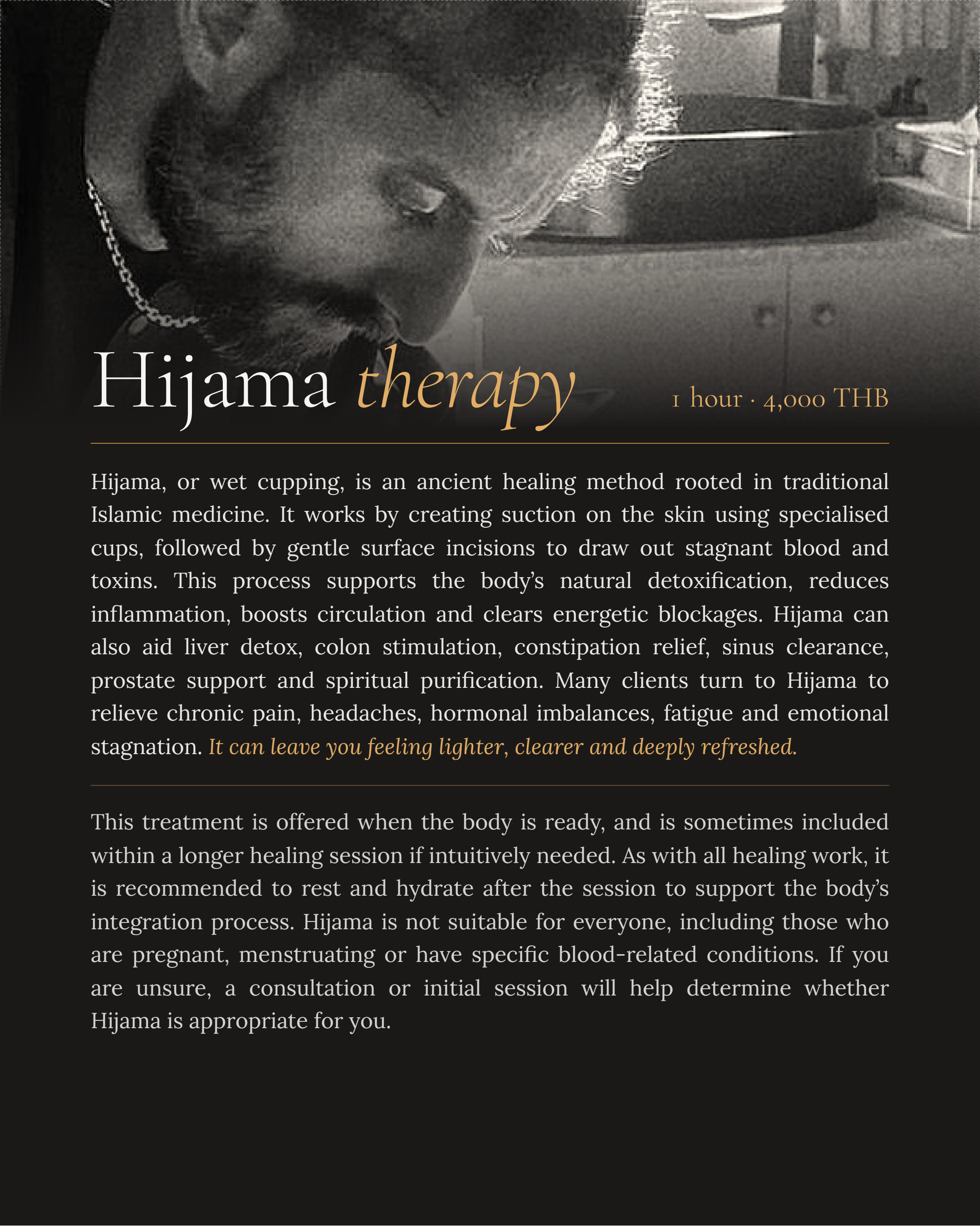
Healing *Ceremony* 6–7 hours · 20,000 THB

A transformative full-day experience designed for those ready to release deeply held pain, physical, emotional or energetic, and reclaim their vitality.

This immersive session includes advanced bodywork, nervous system regulation, emotional release, and, when appropriate, therapeutic techniques such as hijama. It is an intense yet liberating journey, guided entirely by your body's needs and readiness. Clients often experience profound shifts that do not require further follow-up; one session can be life-changing. This level of work has supported individuals healing from traumatic injuries, including burns and stabbings, kidney stones, addiction, heartbreak and divorce, grief and major life transitions. If you feel called to start a new chapter, this is a powerful gateway to long-term relief, clarity and renewal.

Targeted *Follow-Up* 1 hour · 3,000 THB

A focused session designed for ongoing clients to continue specific work. Suitable for maintaining progress, treating a recurring issue or checking in after deeper sessions.



Hijama *therapy*

1 hour · 4,000 THB

Hijama, or wet cupping, is an ancient healing method rooted in traditional Islamic medicine. It works by creating suction on the skin using specialised cups, followed by gentle surface incisions to draw out stagnant blood and toxins. This process supports the body's natural detoxification, reduces inflammation, boosts circulation and clears energetic blockages. Hijama can also aid liver detox, colon stimulation, constipation relief, sinus clearance, prostate support and spiritual purification. Many clients turn to Hijama to relieve chronic pain, headaches, hormonal imbalances, fatigue and emotional stagnation. *It can leave you feeling lighter, clearer and deeply refreshed.*

This treatment is offered when the body is ready, and is sometimes included within a longer healing session if intuitively needed. As with all healing work, it is recommended to rest and hydrate after the session to support the body's integration process. Hijama is not suitable for everyone, including those who are pregnant, menstruating or have specific blood-related conditions. If you are unsure, a consultation or initial session will help determine whether Hijama is appropriate for you.

BEYOND THE TREATMENT TABLE

Physical *rehabilitation*

For clients who wish to continue their healing journey beyond the treatment table, I offer personalised rehabilitation sessions designed to stabilise, strengthen and retrain the body after release work.

These sessions are ideal for those recovering from injury, managing chronic pain, or rebuilding mobility and posture. Using principles of functional training, physiotherapy and mobility conditioning, I tailor each session to address imbalances identified during healing.

The goal is not only to prevent recurring tension or injury, but to help your body move with greater strength, alignment and ease in daily life. The training is accessible, adaptive and supportive; no experience necessary. This service can be booked as a follow-up to a healing session or as a stand-alone physical reset.

60 MINUTES

2,000 THB

CLIENT TESTIMONIAL

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Nader took time to understand my story, including the challenges I face from burn scars that limit my mobility. What followed was *the most transformative bodywork I've ever experienced*. Nader worked intuitively through areas of deep tension, and my back and neck felt lighter and freer than they had in years. He supported and stretched my body with incredible strength and care. Beyond the physical, his presence and insights left a lasting impression. I'm truly grateful for the experience.

Corey Distefano

Australia

Terms *& conditions*

Operating hours

Appointments are available Monday to Friday, from 10:00 to 18:00.

Limited Sunday bookings may be available upon request. House visits are offered based on demand and availability.

Cancellation policy

Cancellations made less than 48 hours before the scheduled session will result in the loss of the booking deposit. Rescheduling is possible with more than 24 hours' notice, subject to availability.

Session start time

Please arrive on time. Sessions begin promptly, and late arrivals may result in a shorter session.

Advance payment

A 50% deposit is required to confirm and secure your booking.

House visits

Available for sessions of 3 hours or longer. An additional house call (within Bangkok) fee of 3,000 THB applies on top of the session cost.

Health and safety

If you are unwell or experiencing flu-like symptoms, please let me know as soon as possible to reschedule. Your comfort and safety are always prioritised.



When the body is heard,
the soul begins to speak.
*Healing starts with a single
decision: to listen.*

BOOK YOUR SESSION

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LOCATION

Bangkok, Thailand & beyond