

BHUTAN

International Conference
On Lifestyle Medicine
and Mindfulness

4-9 JUNE 2026 / 6 DAYS 5 NIGHTS



Day 1: Physical & Mental Wellbeing Foundations

Theme: Body, Lifestyle, and Emotional Health

Section 1 : Physical & Lifestyle Health

(Pillars by Thai Speakers)

Section 2 : Mental Wellbeing & Mindfulness

Day 2: Practice, Purpose & Wellness Business

Theme: Practice-Based Wisdom & Economic Innovation

Section 1 : Spiritual and nature & Practice-Based Mindfulness

Section 2 : Leadership in Wellness Strategies and Innovation

Section 3 : Global & Regional Collaboration

Pay directly to the Airline (ชำระเงินโดยตรงกับสายการบิน)

Airfare - Bhutan Airline (Tashi Air) Tax and Fuel Included	Economy	\$ 780.00 / Person
	Business Class	\$ 1,090.65 / Person

Pay directly to the Association (ชำระเงินโดยตรงกับสมาคม)

Expenses for Thailand-Bhutan International Conference on LM and Mindfulness 5-6 June (Visa included) 5 Stars Hotel / 5 Night	2 Persons/Room	฿ 52,000 / Person
	1 Person/Room	฿ 66,000 / Person



The First Bhutan-Thai
International Conference

INTERESTING SITES INCLUDE : THIMPU INSIGHT, VISITS TO PARO AND PUNAKHA.



Contact : TLWA

093-584-0840, 080-989-7415 (Yai)



สมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย
Thai Lifestyle Medicine and Wellbeing Association (TLWA)

**The First Bhutan–Thai International Conference on Lifestyle Medicine and Mindfulness –
Tentative Programme (as of 23–3–2026)**

**The Harmony Forum : Lifestyle Medicine & Mindfulness Across Cultures
A Thai–Bhutan Collaboration for Global Wellbeing**

*Organized by the Thai Lifestyle Medicine and Wellbeing Association (TLWA), in cooperation with
the Khesar Gyalpo University of Medical Sciences of Bhutan,
the International Board of Lifestyle Medicine (IBLM),
and the Lifestyle Medicine Global Alliance (LMGA)*

June 5, 2026 – Day 1: Physical & Mental Wellbeing Foundations

Theme : Body, Lifestyle, and Emotional Health

Morning Sessions

Time	Session Title	Speaker	Country/Region
08:00–08:20	Welcome Address	Capt.(Ret.) Dr.Yongyuth Mayalarp, MD DipIBLM, President of TLWA, Vice Chair, International Board of Lifestyle Medicine, and Representative for Asia	Thailand
8:20–8:40	Opening Ceremony Presentation of Gifts to Distinguished Participants and Conference Supporters	Chairperson of the Inauguration Ceremony	Bhutan
08:40–09:30	Bhutan Keynote: The Heart of Wellbeing – A Spiritual Perspective	Chairperson of the Inauguration Ceremony	Bhutan
09:30–10:00	International Keynote: The Global Imperative for Lifestyle Medicine	Mr.Stephan Herzog, Executive Director, International Board of Lifestyle Medicine	USA
10:00–10:15	Coffee Break		

June 5, 2026 - Day 1: Physical & Mental Wellbeing Foundations

Theme : Body, Lifestyle, and Emotional Health

Morning Sessions

Section 1: Physical & Lifestyle Health (Pillars by Thai Speakers)

Time	Session Title	Speaker	Country/Region
10:15-10:45	Transforming Healthcare Facilities : Integrating Lifestyle Medicine with Creative Therapeutic Tools	Dr.Artirat Charukitpipat, Chief Executive Officer,Bumrungrad International Hospital, TLWA Advisor	Thailand
10:45-11:15	Pillar : Nutrition for Longevity – Plant-Based Diets & Metabolic Health	Asst.Prof.Dr.Pansak Sugkraroek, TLWA Executive Board Director, Physician at the VitalLife Scientific Wellness Center	Thailand
11:15-11:45	Pillar : Movement as Medicine – Physical Activity for Vitality Across Ages	Dr.Smith Arayaskul, MD, DipIBLM, Dermatologist and Lifestyle Medicine Physician, TLWA Executive Board Director	Thailand
11:45-12:15	Pillar : Avoiding Risky Substances – Strategies for Prevention and Lifestyle Change	Dr.Bancha Daengneam, MD, DipIBLM, Member of the Academic Committee, Department of Medical Services, Ministry of Public Health of Thailand	Thailand
12:15-13:15	Lunch		

Section 2: Mental Wellbeing & Mindfulness

13:15-14:00	Mindfulness & Scientific Research: Applications from Oxford Mindfulness – Online Presentation	Ms.Claire Kelly, Oxford Mindfulness Foundation	UK
14:00-14:45	Pillars: Stress Management & Social Connectedness – The Positive Psychology of Inner Strength and Meaningful Relationships	Dr. Tanita Watprasong (Noon), Mindfulness-based Cognitive Therapist, PhD DipIBLM, TLWA Executive Board Director	Thailand

June 5, 2026 - Day 1: Physical & Mental Wellbeing Foundations

Theme : Body, Lifestyle, and Emotional Health

Morning Sessions

Time	Session Title	Speaker	Country/Region
14:45-15:00	Coffee Break		
15:00-15:45	Traditional Bhutanese Mind-Body Practices – Sorig Zhiney & Luejong in Public Health	Bhutan speaker 1	Bhutan
15:45-16:15	Pillar: Sleep & Restoration – The Missing Link in Lifestyle Health	Dr.Kobkullaya Chuengprasertsri, MD, DipIBLM, Lifestyle Medicine Physician, Vice-President and Treasurer of TLWA	Thailand
18:30	Dinner Talk Panel : “Visionary Leadership for Health and Wellbeing: From Organizations to Society”	H.E. Lyonpo Tandin Wangchuk, Minister of Health (Bhutan) – to be confirmed, Mr. Att Thongtang – CEO, Phyathai and Paolo Groups of Hospitals, TLWA Advisor	Bhutan, Thailand



Theme : Practice-Based Wisdom & Economic Innovation

Section 1: Spiritual and nature & Practice-Based Mindfulness

Time	Session Title	Speaker	Country/Region
08:00–08:45	Buddhist Morning Practice – Gross National Happiness in Meditation	Bhutan speaker 2	Bhutan
08:45–09:15	Pillar : Nature & Lifestyle Medicine – Eco-Therapy & Forest Connection	Capt.(Ret.) Dr.Yongyuth Mayalarp, MD DipIBLM, President of TLWA, Vice Chair, International Board of Lifestyle Medicine, and Representative for Asia	Thailand
09:15–10:00	Sacred Spaces & Healing Waters – Monastic Meditation, Hot Stone Baths & Healing Springs	Bhutan speaker 3	Bhutan
10:00–10:15	Coffee Break		

Section 2: Leadership in Wellness Strategies and Innovation

10:15–10:45	From Insight to Innovation: Reducing Oxidative Stress Through Lifestyle Medicine for Population Health	Asst.Prof.Dr.Patana Teng-umnuay, MD PhD, Vice-President TLWA, Dhurakij Pundit University	Thailand
10:45–11:15	Integration and Usage of High Technology : Integration of Lifestyle Medicine and Traditional Medicine in the Development of Medical Wellness Clinic	Dr.Khwanchai Visithanon, MD, Director of Teachers' Hospital, Former Deputy Director-General, Department of Thai Traditional & Alternative Medicine, Ministry of Public Health	Thailand
11:15–11:45	Environmental Sustainability in Practice – Environmental Strategies for Sustainable Urban Living	Assoc.Prof.Dr.Sarawut Thepanondh, PhD – Dean, Faculty of Public Health, Mahidol University, TLWA Executive Board Member	Thailand
11:45–12:15	Bhutan's Wellness Future : Entrepreneurship and the Mindfulness City Vision of Gelephu	Bhutan speaker 4	Bhutan

Theme : Practice-Based Wisdom & Economic Innovation

Section 1: Spiritual and nature & Practice-Based Mindfulness

Time	Session Title	Speaker	Country/Region
Lunch & Cultural Showcase			
13:30–14:15	Mental Health in the Modern Era – Actionable Tools for Daily Life	Professor Darren Morton, PhD, Director, Lifestyle Medicine & Health Research Centre, Avondale University	Australia
14:15–15:00	Global Trends in Lifestyle Medicine – Precision Wellness and Lifestyle Medicine as the Genetic On-Off Switch	Capt.(Ret.) Dr.Yongyuth Mayalarp, MD DipIBLM, President of TLWA, Vice Chair, International Board of Lifestyle Medicine, and Representative for Asia	Thailand
15:00–15:15	Coffee Break		
15:15–16:15	Final Panel & Closing – Co-Creating a Global Mindfulness & Wellness Future	Asst.Prof.Dr.Pansak Sugkraroek, TLWA Executive Board Director, Physician at the VitalLife Scientific Wellness Center + Bhutan Speaker 5 + Professor Darren Morton, PhD, Director, Lifestyle Medicine & Health Research Centre, Avondale University	Thailand, Bhutan, Australia



June 7, 2026 - Day 3 : Consolidation of Learning and Reflection – TLWA Distinguished Speakers

Theme : Continuation of Practice-based Learning and Reflection

Guided Mindfulness and Reflection Session

Integrating Lifestyle Medicine and Mindfulness

Follow up and Feedback on the Learning Process and Individual Practice

June 8, 2026 - Day 4 : Synthesis and Future Planning – TLWA Distinguished Speakers

Theme : Learning Integration and Reflection

Wrap up - Highlights and Key Insights from the Conference

Future Action Planning Session

Continuous Mindfulness Practice Guidance

Speaker Overview - to be confirmed

- **Bhutan Speakers :** H.E.Minister of Health of Bhutan and 5 Bhutan speakers; covering tradition, tourism, entrepreneurship, policy, and practice.
- **Thai Speakers :** Focus on lifestyle pillars, environmental design, stress/social integration. (plus specialists' views from Thai Business Leaders)
- **International Speakers :** Offering research, strategy, and global perspective.

