

**None jumps from 0 to 100.** Personal improvement is a process and each step is necessary. The rate and degree of efficiency of growth is under our control. Having a road map and knowing how to effectively navigate road blocks can make all of the difference.

**Together our facilitators have over 50 years of experience** in catalyzing others to achieve their highest potential. Dr. Millet and Joy will draw both from their personal experiences & a curriculum which sprouted into existence in the 18th century.

**Becoming healthier, wealthier, and lastingly connected to the people who mean the most to us has never been clearer.** We've broken it into 3 stages are:

Sound Body, Clear Mind, and Open Heart. Come and immerse yourself in the beauty of the Thai beaches and mountains. Gain tangible skills and knowledge leaving you more calm, focused, and empowered. **Return to your life with a more sound body, clear mind, & open heart.**

These immersive retreats are open to health professionals and the general public.

**Come learn, play, and grow with us!**

**SB** SOUND BODY

**CM** CLEAR MIND

**OH** OPEN HEART



**Dr. Kevin S. Millet** - having been disabled by the age of 12 Dr. Millet found insight in a simple book on the hazards of sugar overconsumption and has been a voracious reader, researcher, and medical practitioner for over 40 years. He has raised six children and is about to expect his 6th grandchild. He was

raised in an entrepreneurial family, started his first company at the age of 16, practiced medicine full time for nearly 3 decades, and currently owns and operates an international health and medical technology company known as **Total Body Modification (TBM)**. His medical expertise lies on laying out drug and surgery-free solutions for just about any medical condition known to man. Furthermore, he has been a student of psychology for most of his life and is today considered an expert on health, business development, and in forming lasting bonds between friends, family, and romantic partnerships.



**Joy Napatra Charassuvichakanich**

spent a decade at Google, concluding her tenure as Head of Mid-Market Ad Sales for Google Thailand. In 2024, she combined her corporate experience at Google – a global leader in talent development – with her expertise in self-understanding modalities to found **Finding Joy**. Her practice helps individuals live more fully by deepening their self-awareness. For organizations,

she drives performance by tackling challenges at their roots and boosting psychological safety so employees can be their best selves. Joy is a Certified Professional Co-Active Coach with over 500 hours of experience. She is a practitioner of the "listen to your body" ethos—a transformation she has personally experienced through TBM care since 2019. Joy is a cross-culturally fluent leader, having worked and studied across Southeast Asia, China, South Africa, Australia, and the United States.

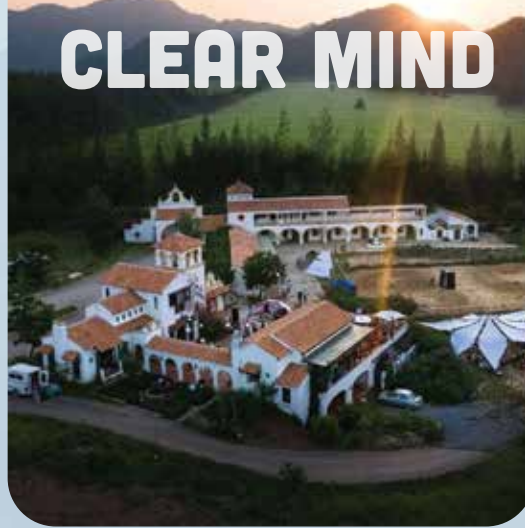
**GET EARLY BIRD PRICING**

Sound Body & the discounted package of 3 closes **28 May 2026**.  
Clear Mind closes **27 August 2026**.  
Open Heart closes **7 December 2026**.

[see back for details](#)



## SOUND BODY



## CLEAR MIND



## OPEN HEART

### SOUND BODY | LIVE JOYFULLY

1. Develop the ability to listen to your body.
2. Understand the causes of not feeling good.
3. Discover a mutual love affair with food.
4. Learn what makes for sound sleep.
5. Establish a sustainable comprehensive fitness routine.
6. Minimize electromagnetic radiation & other toxins.
7. Strengthen your connection with nature.
8. Foundation of self-care and self-love.
9. Longevity and aging beautifully.

### CLEAR MIND | CONNECT LASTINGLY

1. Make your mind your greatest ally.
2. Learn what recent development in neuroscience has revealed about how our brain works.
3. Acquire simple TBM tools & skills to draw on when your mind gets in the way.
4. Restore a benevolent relation between your thoughts and emotions.
5. Reconnect with your love of learning.
6. Smart energy management.
7. Conquer reductive thinking (fear-based the survival and negative thoughts).

### OPEN HEART | CONTRIBUTE UNIQUELY

1. Connect with your deepest sense of purpose.
2. Align your daily activities with your values.
3. Develop a mutually beneficial relationship with money.
4. Learn to compliment a productive life with one that is also nourishing.
5. Raise your level of decision-making certainty.
6. Discover your life purpose.
7. Deepen your connection with others & the world.

## DATES

**SOUND BODY** Khao Yai - Mountain  
25-29 July (Sat-Wed/4 nights) 50,000THB/\$1,540USD

**CLEAR MIND** Khao Yai - Mountain  
22-25 October (Thu-Sun/3 nights) 40,000THB/\$1,230USD

**OPEN HEART** Pranburi - Beach  
19-22 February (Fri-Mon/3 nights) 40,000THB/\$1,230USD

### REGISTER EARLY & SAVE.

3,100THB/\$95USD savings on each retreat

### REGISTER FOR ALL 3 & SAVE EVEN MORE!

earlybird 111,250THB/\$3,411USD before 28 May  
(save 8,750THB/\$277USD).

## LOCATIONS

**KHAO YAI (Mountain) PRANBURI (Beach)**  
MiraSierra Khao Yai 575 Moo.1, Nong Nam Daeng, Thailand

**PRANBURI (Beach)**  
Hua Plee Lazy Beach Hotel 163 Moo4  
Tambol Parknam Pran Pranburi, Hua Hin, Thailand

## REGISTER NOW AT WWW.LIVETBM.COM

Convenient Thailand Retreats link at the top of the webpage.



For Thai bank transfer select "Check Payment" during checkout and you will be emailed instructions.



# Finding Joy

[www.livetbm.com](http://www.livetbm.com)

[www.finding-joy.net](http://www.finding-joy.net)