



8th November 2008

TO WHOM IT MAY CONCERN

This is to certify that Ms. Sandra Caillet was employed by Chiva-Som International Health Resort in the position of Yoga Instructor which report to Fitness Department since 15th May 2008 until 15th November 2008.

During her working interim at Chiva-Som, her work scope is to perform and provide the activities to support Chiva-Som's guest as following areas:

Operational

1. To drive revenue in Yoga services and programs – including classes, private sessions and retreats.
2. To assist the Fitness Manager in day-to-day operations regarding the yoga pavilion, and any premises used for yoga privates.
3. To assist in overseeing and maintaining the smooth running of all the diverse branches of the Yoga program and all Yoga activities, including scheduling and development - ensuring effective implementation for guests.
4. To promote all Yoga services and maintain a close contact with all guests.
5. To assist in conducting Yoga Consultations and Assessments and in developing and scheduling personal sessions for guests in the most appropriate form for their needs.
6. To ensure the yoga equipments, including studio yoga, are well maintained and in good condition.
7. To make recommendations to support the Fitness Manager in strengthening and expanding the Yoga section, with development of new ideas and improvement of facilities and standards.

Training in Yoga

1. To plan training programs for staff in order to bring them to an international level. This will include the most common schools of asana-yoga (postural):
 - Hatha yoga training
 - Pranayama training
 - Adjustments, alignment and working with props
 - Working with specific health condition such as back pain, stress, high blood pressure, stiff shoulder etc.
 - History and philosophy of yoga
 - Teaching skills and how to identify the specific needs
2. To train the employees within the department, ensuring that the correct standards and methods of service are maintained

Without the support of Ms. Sandra Caillet, we will never be able to run and operate our fitness team successfully and we highly appreciate her work dedication to the team. She is a resourceful, creative and solution-orientated person who was frequently able to come up with new and innovative approaches to her assigned projects.

Ms. Sandra Caillet proved herself as a great team player and considered as valued asset to the fitness team, she is pleasant to work with and with his special characters of being hard working and reliable person I am strongly recommend her to any of her future employers and wishing her the very best of luck and success in her future career endeavors.

Best Regards,

Chaiyong Wongtungjaroensuk
Fitness Manager