

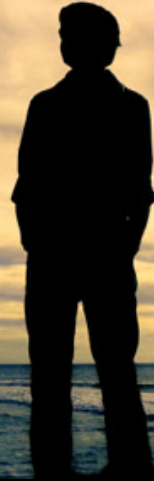


GLOBAL WELLNESS
SUMMIT 2019

Mindful Warriors: Conquering the Future with Lessons from the Past

Nash Siamwalla, PhD, Founder & Managing Director,
The Zen Solution, Thailand

**Why am
I here?**



Mindfulness

A close-up photograph of a green leaf with three water droplets on its surface, set against a blurred green background. The leaf is curved, and the droplets are positioned along its top edge. The background is a soft, out-of-focus green, suggesting a natural setting.

Compassion



Uesugi Kenshin



Takeda Shingen

Kenshin



Shingen



Kenshin



Salt

Shingen



Ashikaga Yoshimasa





The Silver Pavilion



**Mindfulness &
Compassion in
Ancient
Martial Arts**



Budo Shoshinshū: Bushido for Beginners



Mindfulness Exercise



**Mindfulness
&
Compassion
in
Swordmanship**

What did we learn?

- 
- **Live mindfully**
 - **Have compassion**
 - **Leave a legacy**