



Sutera Jieamtavorn

Personal Trainer

Sutera has a wealth of 15 years' experience in the wellbeing industry. Working in various spas as a beauty and massage specialist while being surrounded by health professionals in a prestigious five-star establishment led her onto her career in fitness. With a long career in massage therapy treating a range of athletes to working with chronic pain problems and those that are simply wanting to relax, Sutera's passion lies in helping people feel and move better. Having experienced ill health in her younger years Sutera's mission is to help others improve their health and wellbeing. Sutera aims is to create strong and mobile bodies that will give you the fundamental strength in movement patterns that will carry you through life with strength training and mobility.

Sutera believes in the importance of not just being physically strong but building a healthy mind and creating healthy habits to bring balance into your everyday hectic lifestyle.

In her spare time Sutera enjoys staying active by participating in combat sports, weightlifting and yoga. Sutera also has a passion for creativity and being able to disconnect from the fast pace of city living and reconnect with the healing power of nature.