

# One Create



Wellness & Lifestyle.

A Life Inspired.

The Sports  
Interactive Edition



- ★ **ROD 'ROCKET' SIMPSON** - FEATURED INTERVIEW
- ★ **HYROX - BANGKOK**
- ★ **WEARABLE TECH** - TOP 10
- ★ **DECLAN KENNY** - FOLLOWING THE DREAM TO GOLF PRO
- ★ **MARTIN BLUNOS'S COLUMN** - THE GASTRONOMIC GAZETTE
- ★ **NAI KHANOM TOM** - FATHER OF MUAY THAI
- ★ **ELLE SIRILAK** BRAND NEW COLUMN - THE EIGHT LIMBED PATH
- ★ **HELMET HEROES** - PROTECTING CHILDREN ON THAILANDS ROADS
- ★ **CURVISTAN** - THONGLOR'S SHRINE TO PORSCHE DESIGN

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Wellness & Lifestyle

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Editor-in-Chief.

*Buzz Langton*



Dear Readers,

Welcome to Issue #8 of One Create Magazine!

There's something lovely about people who are properly passionate about their pursuits. This issue is filled with exactly those sorts of characters, the ones who've found something they absolutely love doing and aren't afraid to throw themselves into it completely.

We've got some brilliant stories for you: the energy and community spirit at Hyrox Bangkok, where we interviewed Gabe Heck, a semi-pro athlete based here in Bangkok and winner of the inaugural Bangkok Hyrox event.

Martin Blunos shares his culinary insights on a remarkable journey of gastronomy, while Rocket takes us into the thrilling world of super bike racing. There's also a beautiful piece on Nai Khanom Tom and the rich heritage of Muay Thai, plus Declan Kenny's inspiring journey towards becoming the world's top golfer.

What I find particularly engaging about these features is how they showcase sports and leisure in its broadest sense, from high-octane racing to the meditative aspects explored in Elle Sirilak's The Eight Limbed Path column. Each story reveals something genuine about the people behind their passion. Whether they're competing at the highest level, pursuing weekend hobbies, or have transformed their love into their daily lives.

These aren't your typical sporting heroes. They're real people who've discovered that having something you're genuinely excited about something that gets you up early, keeps you out or up late at night, or simply makes life considerably more interesting and is worth pursuing wholeheartedly.

We hop you enjoy the read.

Buzz Langton

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# Featured Interview.



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# FULL THROTTLE EXECUTIVE

***How Rod Simpson runs a hotel portfolio from one of Bangkok's most prestigious towers and races super-bikes at 280 km/h for stress relief.***

*Interview by Buzz Langton*

Rod Simpson is explaining the therapeutic properties of hot asphalt when his phone chimes with what sounds like another successful property opening across his Asia-Pacific portfolio.

We're sitting in his office in Gaysorn Tower, one of Bangkok's most upmarket developments in the heart of Chit Lom.

Rodney Simpson, known in certain racing circles and by close friends as "Rocket" which you don't need much imagination to work out where this moniker comes from, is trying to articulate why a sane person would voluntarily hurtle around Thailand's Chang International Circuit at Buriram on a machine designed to separate riders from their mortal coil with maximum efficiency when not piloted with the necessary finesse and mastery!

Rocket is very convincing, "The smell," he says, momentarily ignoring his buzzing phone. "Hot engines, warm tyres, the track heating up. That's when you know your soul is home."



[▶ WATCH NOW](#)



It's an odd confession from a man who oversees more than one hundred properties across the Asia-Pacific region for an international chain.

A job that would reduce most mortals to pharmaceutical dependency. Simpson, however, has found a different form of therapy, strapping himself to a race tuned and prepped HONDA CBR 1000 RR, attempting to break both track records and various bones in his body simultaneously it would seem.

The Australian expatriate, who sports the kind of weathered tan that comes from fourteen years in Thailand and the occasional high-speed meeting with tarmac, has been chasing speed since 1976, when a six-year-old Rod Simpson begged his parents for a Yamaha GT80.

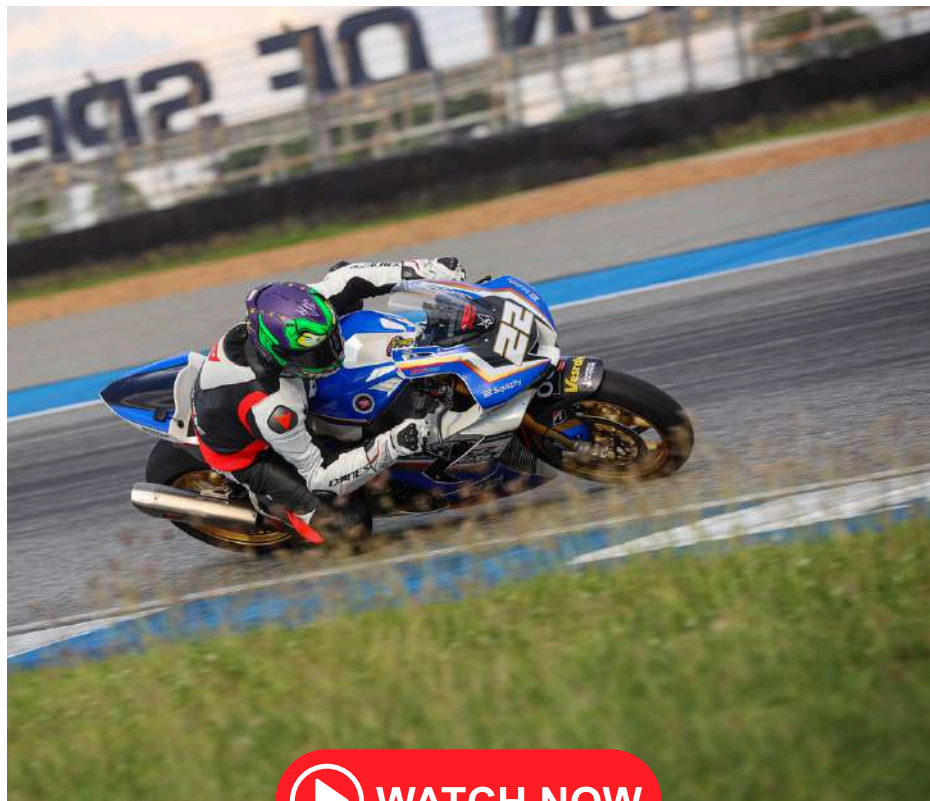
"Twenty bucks," he remembers. "That was two or three weeks wages back then." It was, by any measure, an expensive gateway drug.



What followed was the sort of motorsport legacy that reads like a particularly Australian coming-of-age story, from dirt bike racing through his teens, a dozen state titles, the inevitable discovery that "sex, drugs, and rock and roll became a little bit more interesting," and a subsequent decade-plus hiatus during which Simpson focused on the more traditional pursuits of hotel management and marriage.

But motorcycles, like certain forms of madness, have a life long grip on you, that I can attest to as once it's in your blood it shall never leave.

It is after all a form of spiritual freedom.



[▶ WATCH NOW](#)



Simpson's return to racing in his forties was prompted by an unusual motivation: responsible parenthood.

After years of navigating Bangkok traffic; imagine playing Frogger with your life while dodging tuk-tuks, buses, and motorbike taxis who treat traffic signals as colourful suggestions to actual road rules.

Having a young son at home changes your risk assessment entirely.

Suddenly, a professional racetrack with proper barriers, medical crews, and riders who actually know what they're doing seems like the safer option.

"Once I had the boy," he explains, "I thought, what's the safest thing to do is go back to the track. That's what you know best."

This logic moving from public roads to a venue specifically designed for controlled catastrophe is quintessentially Rod Simpson.



***“braking-marker, entry-point, exit-point, full-gas!”***



[▶ WATCH NOW](#)

Within a year of returning to Buriram, he had progressed from weekend track days to competitive racing, working his way up from C-grade to B-grade, where he now "runs at the front of that series."

The man who spends his days managing crisis calls from Kuala Lumpur to Tokyo has found his twenty minutes of peace in the most improbable place, enclosed in a helmet, traveling at speeds that would make most people pray to deities they'd previously ignored, 'true belt and braces stuff!'

"The only place in my life I get one hundred percent peace," he says, "is once I put those earplugs in, pull that helmet on, and head out to the track. All I'm thinking about is: braking-marker, entry-point, exit-point, full-gas!"

It's a meditative state achieved through controlled violence, a kind of mechanised mindfulness practiced at 280 kilometers per hour; however you won't catch any monks meditating at this speed and certainly not on a race-bred super bike.



On May 28th of last year, during what should have been a routine hot-lap session at Buriram, Simpson's particular form of meditation was rudely interrupted by the laws of physics.

Coming up the hill into Turn 4 at 260 kilometers per hour, his bike's electronics suffered what he describes with characteristic Australian understatement as a "bit of a situation."

"The electronics went off, I hit a false neutral" he explains. "No engine brake, nothing to help me slow down. All this happened in a split second. Then, as I've let everything go, the bike came back to life and just high-sided me at 200 and something kilometers per hour."

What followed was the sort of comprehensive bodily reorganisation that would send most people directly into retirement, if not their grave. With thirteen broken bones, including seven in one arm, five broken ribs, fractures in both feet, and a wrist that now exists as if it was a film prop from The Terminator.





CIRCUIT

 **ptt**  
Lubricants

CHALLENGE

CENTRAL  
CIRCUIT

**APEX RACER**

BRIDGESTONE

NRRC

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The recovery process reads like a masterclass in Aussie stubborn determination. Four months after the crash, Rod Simpson was sitting on his couch, manipulating a piece of PVC pipe fitted with rope and a one-kilogram weight, trying to convince his reconstructed arm to remember its purpose. "If I could do two twists today, great. Tomorrow, let's do three."

Six months post-crash, he was back in the gym, "lifting lighter than a girl." By February of this year ten months after his unscheduled solo flight at Chang Circuit, he was back on the track, because apparently thirteen broken bones is merely an inconvenience to consider as one of life's choices, he is very convincing to make it seem so when actually after such a horrific crash, and long and cohesive rehabilitation program, it shows a deep strength of character, nerve and absolute bravery on his part, though some may call it madness!



Getting back on the bike after such comprehensive trauma might seem like the behaviour of someone who has misplaced their survival instinct, but Simpson's motivation is more complex than simple adrenaline addiction.

Racing, for him, serves as both escape and anchor, a way to step outside the relentless demands of managing a hospitality portfolio while remaining fundamentally himself.

"Why are you here, man?" he asked himself, sitting in the pits before his return ride. "Haven't you learned your lesson?"



Ask Rod Simpson why he continues to race, and he'll give you the practical answer, fitness, stress relief, the meditation of speed.

But watch him describe the moment when he first smelled the pits again after his recovery; "that nostalgic smell of hot engines, hot tires, the bikes warming up, the hot asphalt" and you realise you're talking to someone who has found something approaching transcendence in the most unlikely place.

Thailand has become a significant stop on the MotoGP calendar, with the Chang International Circuit hosting earlier in March 2025 and on the calendar for 2026.

But while professional riders chase championships and prize money, Rocket is chasing something more elusive: those twenty minutes of absolute focus, when a hotel portfolio and all its attendant crises and stress simply cease to exist.

*Keep an eye out for Rocket next time you go to Chang Circuit Rod 'Rocket' Simpson will no doubt be there, probably going faster than is strictly advisable for a man with his responsibilities. But he wouldn't have it any other way.*

"If I never rode again, I'd be happy," he says, which is almost certainly a half-hearted truth, but that kind of thought process reveals a deeper sense of truth.

He's found a way to remain fully alive in a world that increasingly demands we exist at half-speed, processing emails and managing crises, flicking through mind-numbing social media while missing the actual experience of being present in our own lives.

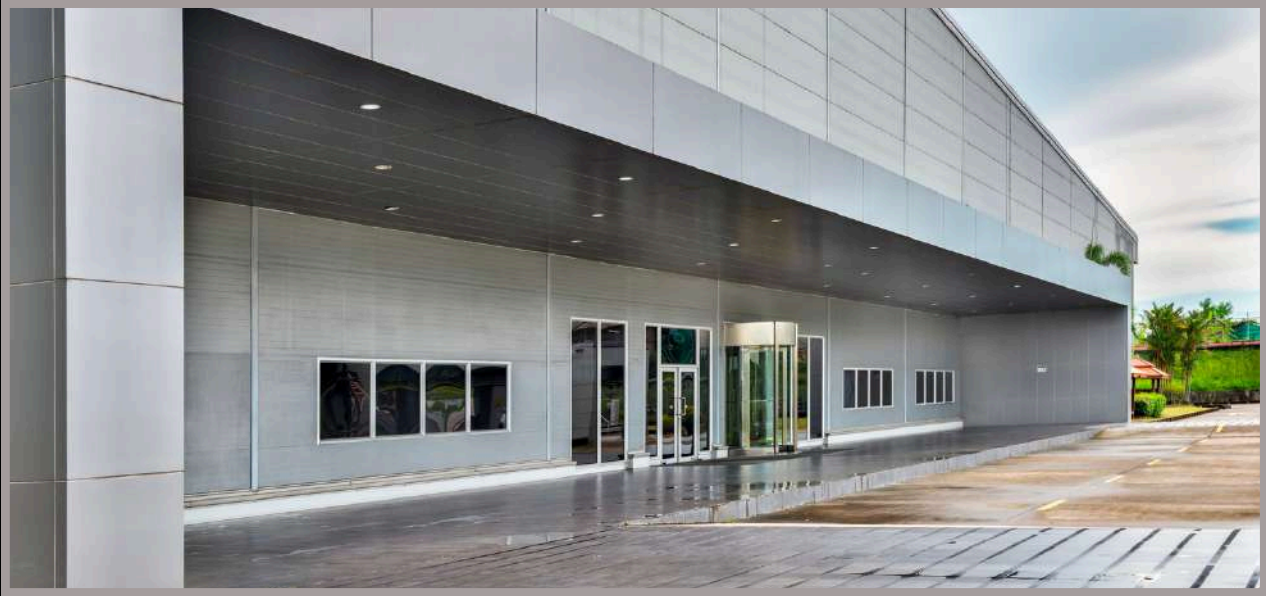
At fifty-four, Rod Simpson has solved a problem that eludes most of us, how to remain genuinely engaged with life while maintaining the responsibilities of adulthood.

His solution involves titanium plates, twelve screws, and the occasional high-speed departure from consciousness, but it's working, it works for him. And if that doesn't qualify as a particularly Australian form of enlightenment, it's at least a hell of a way to spend a weekend.

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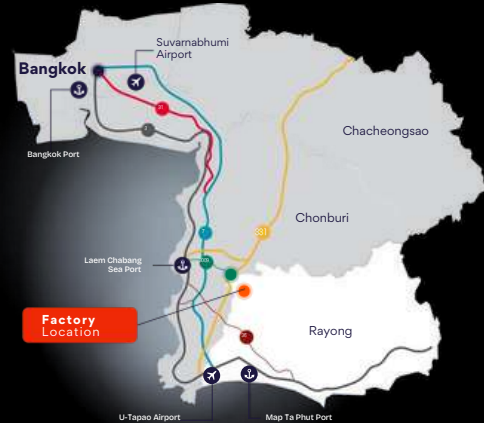
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- Bangkok Port: 101km - Additional port connectivity
- Bangkok: 88km - Direct highway access to Thailand's commercial centre



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# WHAT HAPPENS WHEN AN AMERICAN AND A BRIT TEAM UP? HELMET HEROES OF THAILAND



**Max Kimberly-Thompson (Second) and Rick Brown (Far Right)**

**R**ick Brown, an American expat, and Max Kimberly-Thompson based in Pattaya, are leading an ambitious campaign to address one of Thailand's most pressing public health crises:

***The widespread failure to wear motorcycle helmets amongst children.***

Their organisation, Helmet Heroes Thailand, has distributed 882 (and counting) certified safety helmets since its launch in December 2023, with the ultimate goal of reaching one million children across the country.

The initiative addresses Thailand's road safety challenges.

Government data shows that 84% of motorcyclists hospitalised between 2020 and 2024 were not wearing helmets at the time of their accidents.

More than 14,000 people died in motorcycle accidents in 2024 alone, highlighting the importance of safety initiatives like Helmet Heroes.

***"In the United States, helmet laws are strictly enforced," says Rick Brown, who moved to Thailand eight years ago.***

# BEYOND THE HELMET



*We want to support Thailand's existing helmet laws by making safety equipment more accessible and creating positive associations with helmet use for children”.*

Rather than simply distributing helmets, Helmet Heroes has developed a comprehensive educational programme delivered in partnership with local police and hospital representatives.

The team visits schools to explain road safety before distributing free helmets to students and staff.

*"We don't just give a child a helmet and say goodbye, We turn the helmet into a valuable reward system."*

*The organization has partnered with local merchants to create incentives for helmet use.*

*Children wearing their helmets receive rewards such as free food, ice cream or discounts at participating businesses, creating positive reinforcement for safety behavior.*

*Max Kimberly-Thompson says the partnership with Rotary International has provided crucial legitimacy and organizational support.*

*"This collaboration aligns with our mission to create lasting change in communities worldwide. It represents a significant step forward in road safety efforts in Thailand."*

*Government road safety committees have welcomed the school-based approach and confirmed it as an effective method for promoting safety awareness.*

*"They told us the only way this will work is if we teach the children first," Rick says. "The government has been very supportive of our educational approach."*

# SAFETY AND SPONSORSHIP



The initiative has attracted support from major motorcycle manufacturers including Ducati Motor Thailand, Harley-Davidson and Triumph. The helmets, manufactured locally by a Thai company with safety certification, cost 500 baht (approximately £12) each.

The sponsorship model allows companies to place logos on four positions on each helmet - front, back and both sides - for 550 baht per sponsor. This covers the helmet cost and contributes towards purchasing additional units.

Some manufacturers have expressed interest in expanding the programme across Southeast Asia, though the organisers remain focused on Thailand for now.

Success is measured not just in distribution numbers but in lives saved. Rick recounts a conversation with the head of traffic police in Pattaya during an interview with a Swiss journalist. "The inspector told us about one child who was wearing our helmet - they knew because of our sticker - and he survived an accident because of it. Whether we distribute 887 helmets or a million, it's worth it for that one life."

Local police report improved helmet usage rates amongst children in areas where distributions have taken place, indicating the programme's real-world effectiveness.

The organisation is now planning a world record attempt, distributing 5,440 helmets across four schools in a single day with support from Thai police and corporate sponsors.

**"For sponsors, it's exceptional value, "These helmets last three to five years and are visible at homes, schools and throughout communities. It's effectively a multi-year marketing campaign for £13."**



## IMPACT BEYOND NUMBERS

Beyond helmet distribution, the initiative is working alongside Thai authorities to support road safety awareness.

Rick Brown has worked with government officials on proposed enhancements to media guidelines regarding helmet safety promotion.

***"Thailand has comprehensive media guidelines for public health issues," he explains. "We're supporting efforts to extend these successful approaches to motorcycle safety awareness in media and advertising."***

The programme also supports Thailand's manufacturing sector by sourcing helmets locally from Thai companies that meet international safety standards. When one manufacturer faced reduced demand for children's safety helmets, Helmet Heroes stepped in to create a sustainable market for these essential safety products.

# PROTECTING THE NEXT GENERATION

The organisers have developed a replicable model that can be implemented by other organisations.

Hotels, hospitals and community groups can purchase helmet distribution kits and conduct their own safety programmes using established guidelines.

*"We want to empower partners to do this themselves," Max explains.*

***"We can't be everywhere, but we can provide the framework for others to implement the programme in their communities."***

The initiative faces practical considerations with very young children.

Government officials have consulted with the programme about safety solutions for children under four, though manufacturers exercise appropriate caution due to child development considerations regarding neck safety.



With Thailand's evolving demographics alongside increasing road safety awareness, the programme supports the country's broader public health goals.

***"We're here to support Thailand's commitment to road safety, This is about working together to protect the next generation."***



## SUPPORT HELMET HEROES

The programme has already demonstrated that targeted intervention, community engagement and corporate partnership can create measurable improvements in road safety culture.

As motorcycle use continues to grow across Southeast Asia, the Helmet Heroes model offers a practical template for addressing similar challenges in other countries.

The organisation continues to accept sponsorships and donations, with each 500 baht contribution providing a safety helmet for one child. All sponsors receive social media recognition and branding opportunities on distributed helmets.

For more information or to support Helmet Heroes Thailand:

**Website:** [www.helmetheroesthailand.org](http://www.helmetheroesthailand.org)

**Contact:** Rick Brown

Max Kimberly-Thompson

IG - @savvyrickbrown



# Nai Kahanom Tom



# THE FATHER OF EIGHT LIMBS FIGHTING Muay Thai and the Legend Nai Khanom Tom

In this issue of **One Create** Wellness and Lifestyle, we celebrate athletes whose stories transcend sport itself, whose courage under pressure reveals something profound about human potential.

At One Create, we honour extraordinary sports people from all walks of life and backgrounds, and today we pay tribute to Thailand's original sporting hero.

Picture this, in the year 1774, and in the stifling heat of a Burmese palace courtyard, a captured Siamese warrior named Nai Khanom Tom is about to transform a moment of intended humiliation into legend.

This is why his story opens our Sports Edition of One Create Magazine because sometimes the most important victories happen when you think everything seems lost.

The setup was theatrical in its cruelty. King Hsinbyushin, flush with his military victories, had decided to stage some spectacular entertainment for the Phra That festival, but entertainment of a particularly vindictive sort.

His Burmese champions would systematically defeat the foreign prisoners before a jeering crowd, a calculated act of public humiliation designed to strip the captives of any remaining dignity.

It was conquest made complete through ritual degradation, the final breaking of spirits already shattered by military defeat. Almost as if it was planned on an ancient Roman spectacle at the Colosseum.

What the king could not have anticipated was that he was about to witness something extraordinary. His intention was simple; the ultimate defeat of Siamese captured soldiers, and their final humiliation before his court.

The surprise would be Muay Thai itself, a martial art about to make its stunning international debut.

Nai Khanom Tom understood the stakes with absolute clarity. This was not merely about personal survival, though survival was certainly at issue, but about national honour itself. Defeat was simply inconceivable.

To lose would mean more than personal humiliation; it would validate Burmese claims of superiority and diminish the very essence of all that is Siamese. Somewhere in the fragments of his fallen kingdom, his own king and generals those who had survived would eventually learn of this moment.

Their expectations weighed upon him like ancestral spirits. When he stepped forward to face the first Burmese champion, what had begun as physical combat transformed into something far more profound: a spiritual endeavour where victory became not just necessary but a divine mandate.

His response was characteristically Thai. Nai Khanom Tom began with ceremony. While the crowd grew impatient, Nai Khanom Tom performed the 'Wai Khru Ram Muay', the ritual dance that honours teachers, ancestors, and protective spirits. To Western eyes, it might seem like psychological warfare unnerving opponents through mysterious ritual, much as the Maori 'Haka' intimidates through its fierce display.

But that reading misses the deeper point. Like the 'Haka', the 'Wai Khru Ram Muay' serves a purpose far beyond intimidation. The dance was not performed for the Burmese; it was performed for the ghosts of every master who had contributed to the art he was about to demonstrate.

More crucially, it was an assertion of cultural primacy before physical dominance could be established. In that moment, loss became not just unlikely but metaphysically impossible, no warrior who had properly honoured his ancestors could dishonour them through defeat.

The fighting that followed was systematic and devastating. Opponent after opponent fell to a combat system that, while familiar to Siamese warriors, the Burmese had never witnessed it in this distilled, one-to-one format.

On the battlefield, individual martial prowess becomes lost in the chaos of armies, weapons, and tactical formations. But here, stripped of external advantages, Nai Khanom Tom could demonstrate the pure essence of Siamese fighting craft, one that utilised not just fists, like Western boxing, but elbows, knees, and shins.

Eight limbs instead of two. It was efficiency elevated to art form, violence tempered by centuries of philosophical refinement, now given perfect expression in single combat.



King Hsinbyushin

The fighting that followed was systematic and devastating. Opponent after opponent fell to a combat system that, while familiar to Siamese warriors, the Burmese had never witnessed it in this distilled, one-to-one format.

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King Hsinbyushin, according to Thai historical accounts, was sufficiently impressed to grant Nai Khanom Tom his freedom, along with two wives and various other rewards.

But the real victory was less tangible and more enduring.

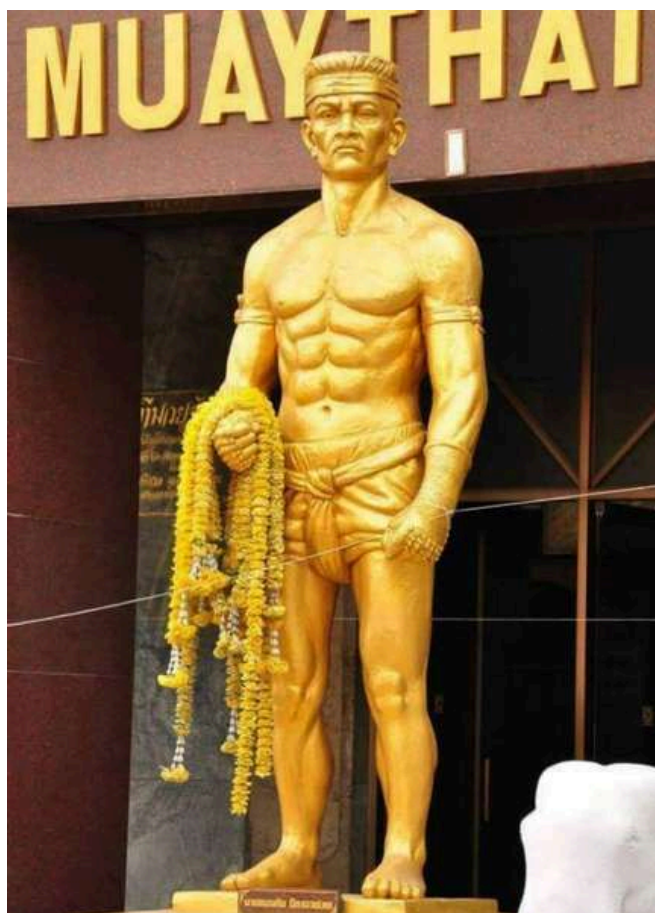
Muay Thai had announced itself to the world as a legitimate martial discipline worthy of royal recognition.

What the Burmese court had witnessed was not merely superior fighting technique, but the remarkable mental and physical strength that comes from years of dedicated training and unwavering discipline.

The story has been mythologized, certainly. Historical details from the eighteenth century are notoriously unreliable, particularly when filtered through centuries of oral tradition and nationalist sentiment. What matters is not whether every detail is historically accurate, but that the story has become foundational to Thai identity. Nai Khanom Tom represents something essential about Thai character, the ability to maintain dignity and cultural integrity even under the most adverse circumstances.

Modern Thailand commemorates him each March 17th with elaborate ceremonies at Muay Thai gyms across the country.

Fighters perform the same ritual dance, honor their teachers with the same reverence, and carry forward traditions that connect them directly to that moment in Rangoon. It is cultural transmission at its most powerful, the past made present through physical practice.



This is particularly remarkable in a region where colonial powers systematically dismantled indigenous practices. While neighbouring countries lost traditional fighting systems to European influence, Thailand, partly through the symbolic power of stories like Nai Khanom Tom's managed to maintain its martial heritage. The warrior's victory became a template for cultural resistance: not through rejection of outside influence, but through confident assertion of internal worth.

Today, as Muay Thai has evolved into an international sport with millions of practitioners worldwide, Nai Khanom Tom's legacy raises interesting questions about cultural authenticity and global expansion. Can a martial art maintain its spiritual and cultural essence while adapting to modern sporting contexts? The continuing prominence of the 'Wai Khru' ceremony suggests that practitioners worldwide recognise something valuable in preserving the deeper traditions alongside the physical techniques.

More significantly, contemporary fitness culture has begun to understand what Nai Khanom Tom's victory demonstrated centuries ago, that true physical prowess emerges from the integration of mental discipline, emotional resilience, and spiritual grounding. Modern wellness approaches increasingly mirror the holistic training methods that produced warriors capable of transforming captivity into triumph. The eight-limb fighting system becomes a metaphor for complete human development, physical agility married to mental acuity, technical skill balanced with emotional intelligence.

In the end, what happened in that Burmese courtyard was less about one man's fighting ability than about the power of cultural confidence. Nai Khanom Tom showed that true strength comes not from rejecting external challenges, but from meeting them with such deep internal conviction that victory becomes inevitable, not just in combat, but in the longer struggle for cultural survival and recognition. So when you next watch a Muay Thai fight, remember its roots are cultural and deeply spiritual, woven into the history of nowadays Thailand and its proud people.

# THE BLUNOS GASTRONOMIC GAZETTE

## IT NEVER RAINS IT POURS!

It's the height of the rainy season here in Thailand, and with all that rain comes the inevitable humidity, which makes for those that have it - bad hair days. Frizzy ain't the word; I'm talking full bouffant on roids, fly away.

Which kinda gets me to talking about those times when we all get our share of misfortune to deal with.

Misfortune like those times when people cross our paths that turn out to be complete arses - the rainfall, if you will. Some would call it a problem; thing is, if you think about it with a positive head on, they aren't problems at all - they are experiences, and we've all had our share of experiences like that, I am sure.

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Can you remember, if you can't then you're not old enough, that feeling when your Tamagotchi died and you had to go to school and act like nothing happened? Devastating.

Didn't take long though until the sun shone through and all was good in the world. All it took was twenty minutes into first break, jumpers for goal posts and kicking a ball around to quantify one's loss.

Playing Monday morning first break footy with all the ferocity of the 1970 Leeds v Chelsea FA Cup final, twenty-six players a side (the norm for playtime football).

Pristine school uniforms lovingly cleaned and pressed by mums over the weekend, dressing and preening their little soldiers to look the best for the coming week.

Sending them off to school with a proud look and a peck on the cheek, only too aware that they'll be back home at the end of the day looking like they've been defending the trenches of the Ardennes.

Little Mark Evans was our year's Norman Hunter and would dive in two-footed to tackle everything and everyone with great gusto.

His mum's face would've looked a picture if she were watching the on and off the ball antics of her footballing son, and one can only imagine her horror, and his teammates' delight, when she realised that tucking your son's shirt tail into his underpants is not a good idea for the athletically minded individual. For since that day until the end of his school days, our Norman Hunter was affectionately known as Skiddy Mark!

*Martin Blunos hails from the beautiful South West of England. He's a renowned 2 Michelin Star restaurateur, Iron Chef and Master Chef, now based in Bangkok, Thailand*  
You can follow Martin Blunos on his Instagram account:  
[@martin\\_blunos-chef](https://www.instagram.com/martin_blunos-chef)



**AMRAPUR TAILORS**

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JUSTMAGTHAI - BANGKOK

# Lifestyle & Beyond.

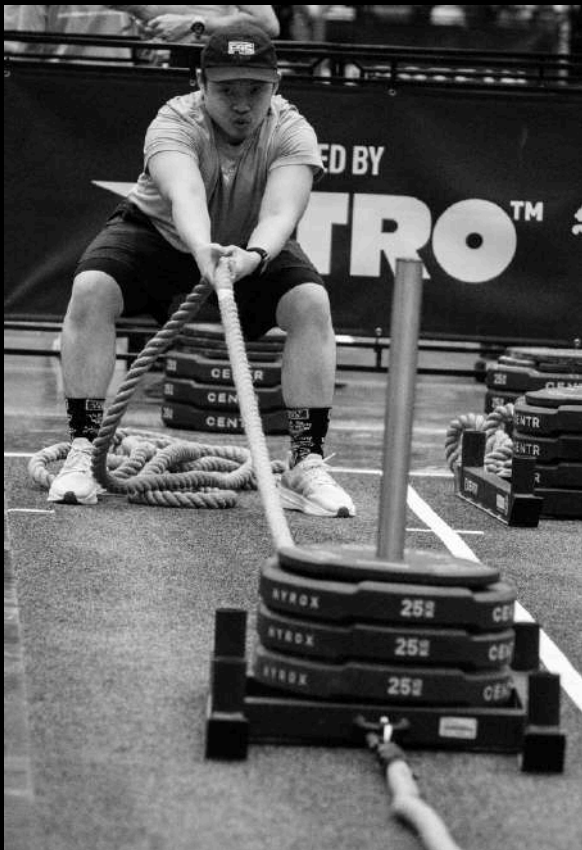
# FINISH



# HYROX – Bangkok 2025

THE HYROX PHENOMENON TAKES BANGKOK BY STORM





# HYROX



# BANGKOK

**H**YROX landed in Bangkok this May and the city's fitness scene exploded. The hybrid competition sold out BITEC in 18 hours, forcing organizers to add a second day.

Christian Toetzke's started the event in 2017 with 650 participants. HYROX now commands 550,000 athletes across 80 races worldwide. "Hybrid" meets "Rockstar" with an electric energy at BITEC.

Eight functional movements test your limits: **SkiErg, Sled Pull, Sled Push, Rowing, Burpee Broad Jumps, Farmers Carry, Wall Balls, and soul-crushing Sandbag Lunges.** Imagine CrossFit mixed with endurance racing.



The atmosphere surprised everyone. The community was supportive and uplifting. the signature HYROX buzz was everywhere. the scene was dynamic.

The scale of the event can be overwhelming at first glance. But once you step inside you experience the remarkable. All the athletes encourage each other even when they are struggling to push through themselves.



HYROX welcomes everyone. The common factor? Everyone's going through the same challenge, which creates a camaraderie you won't find in regular gyms.



Bangkok's success wasn't just about the numbers. It showed Thailand's fitness scene is ready for serious challenges with Bangkok stepping onto the global fitness stage. ***The best is yet to come.***

## THE PAIN CAVE



Gabe Heck- HYROX - Bangkok

Gabe Heck makes wall balls look easy, but don't be mistaken. The professional athlete knows exactly how tough HYROX is.

His secret weapon isn't just physical preparation. Heck stays mentally sharp in the different stations by visualizing during the training sessions.

"You have to prepare the mind for 'The Pain Cave' – constant discomfort where your mind yells STOP but your heart says keep pushing until you cross that line."

***“The Pain Cave” is an inevitable battleground every athlete must face where mental preparation meets raw willpower.***

***“The Pain Cave is a deep, dark place of constant discomfort and incongruity between the mind yelling at you to STOP or SLOW DOWN and your heart telling you to keep pushing and fighting until you cross that finish line...”***

## RECIPE FOR SUCCESS



Heck's recipe for success on the competition day is a simple and straightforward approach.

He works with "Sati" food delivery for nutrition, but doesn't overcomplicate things. In a typical week, Heck consumes plenty of protein, carbs, healthy fats, supplements."

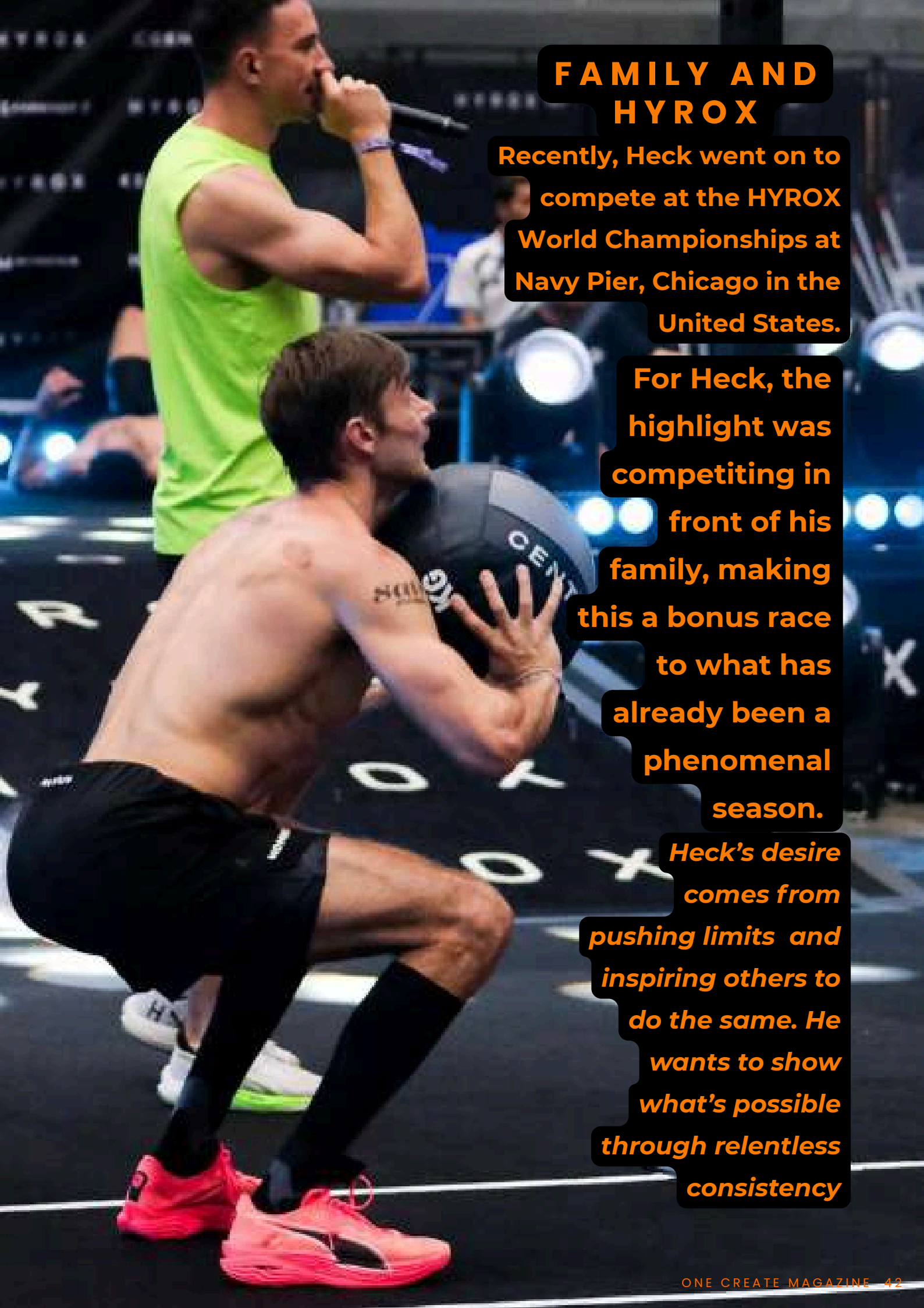
Heck's source of inspiration comes from his uncle, Uncle Dan who was an age group Brazilian Jiu Jitsu world champion and coach.

This competitive spirit and relentless pursuit of excellence runs in his family, driving Heck towards his own ambitious targets. His big goal is to be in the elite 15 category next year in HYROX.

***"I've changed a lot! Less clubbing, drinking, chasing cheap thrills.***

***This lifestyle has sacrifices but taught me discipline, focus, confidence, and encouraging others to challenge limitations.***





## **FAMILY AND HYROX**

**Recently, Heck went on to compete at the HYROX World Championships at Navy Pier, Chicago in the United States.**

**For Heck, the highlight was competing in front of his family, making this a bonus race to what has already been a phenomenal season.**

***Heck's desire comes from pushing limits and inspiring others to do the same. He wants to show what's possible through relentless consistency***

# RAPEEPHAN CHIRAPHICHET



When Rapeephan Chiraphichet first heard about HYROX hitting Bangkok, she was clueless.

***“I thought what kind of person does this kind of sport?”***

The experienced trail runner had no idea she was about to make Thailand proud.

Her running background gave her confidence, but kept her complacent. Years of road and trail running, including brutal 100km races where she'd won trophies, gave her the foundation for endurance.

But HYROX's eight movements were on a completely different level.

## MOTIVATION AND DRIVE



Her main motivation comes from the desire to outperform herself from the past.

With this drive pushing forward, The day before competition, Chiraphichet ate mostly carbs for energy to fully push through the intense physical demands of the grueling competition ahead.



HYROX was a brutal reality check for everyone.

Pulling a 78kg sled for 50 meters is a perfect pain depiction. But the pain is life changing. Quitting simply isn't an option.

***“You become different, never giving up.”***

**Rapeephan Chiraphichet earned a podium finish in her age group category.**

BYD  
HYROX  
BANGKOK


# CHAMPIONS

BYD  
HYROX  
BANGKOK

HYROX \_ WOMEN . 45-49


FOREVER. FASTER.

FOREVER. FASTER.

Evelyn Brunner 

01:18:49




Kelly Newton 

01:14:44



FOREVER. FASTER.

Rapeephan Chiraphichet 

01:19:12



TWO

HYROX

ONE

HYROX

THREE

HYROX

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*"I'm proud of being the only Thai on that podium. I made my country proud. I won something for Thailand."*



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## DECLAN KENNY F AIRWAY FIGHTER

**How Declan Kenny went from cheeky-chappy sneaking onto golf courses to pro at 25.**

*Interview by Buzz Langton*

The Dallas native with Irish roots took an unconventional path to professional golf, fuelled by pure obsession and a refusal to let financial barriers stand in his way. I caught up with him in Thailand, where he's continuing his quest to become "the best golfer in the world"



"I probably shouldn't be playing golf," Kenny admits early in our conversation, referring to his unconventional journey to professional status.

"The way I've come up into golf there's been so many hard things."

It takes about two minutes of conversation with Declan Kenny to realise he's not your cookie-cutter golf pro.

The 25-year-old Texan speaks with the kind of raw honesty you rarely get from athletes who've been media-trained since their teens.

*Born and raised in Dallas, Texas, to an Irish father from Dublin and an American mother with Italian roots, Kenny didn't catch the golf bug until he was 17, ancient in development terms for most pros.*





**"IT WASN'T  
BECAUSE I WAS  
OUTRAGEOUSLY  
GOOD.  
I THINK I LIKED  
HOW DIFFICULT  
IT WAS"**

"I probably shouldn't be playing golf," Kenny admits early in our conversation, referring to his unconventional journey to professional status.

The way I've come up into golf

- there's been so many hard things.

Unlike most professional golfers who follow a predictable trajectory from junior tournaments to pro ranks, Kenny's path has been anything but traditional.

"I started playing a little bit here and there with my dad," he explains about his introduction to the game. "But I probably became obsessed around 17."

That obsession quickly consumed him, though he admits it wasn't because he displayed prodigious talent right away. "It wasn't because I was outrageously good," he says. "I think I liked how difficult it was."

 WATCH NOW

# MENTAL FORTITUDE

Kenny recognises that golf's mental aspects ultimately separate the good from the great.

"Once you get to a certain level, everyone can go out there and play really well," he observes.

"Outside of technique, it's all mental" says Kenny.

That mental edge pushed him to pursue the sport despite lacking the typical country club background of most aspiring pros.

By 19, Kenny had the audacity to think golf could become his life's work.

He tried college briefly, even earning a full scholarship, but the traditional path didn't fit.

Instead, financial reality meant getting creative.

Kenny split his time between practicing obsessively and working various jobs to fund his golf habit - bartending at his parents' Irish pubs in Dallas (The Dubliner and Lochland's) and picking up shifts at golf shops.



**"ONCE YOU GET TO A CERTAIN LEVEL, EVERYONE CAN GO OUT THERE AND PLAY REALLY WELL, OUTSIDE OF TECHNIQUE, IT'S ALL MENTAL"**



# BREAKING IN BY BREAKING RULES



Perhaps most telling about Kenny's determination is his confession that he's banned from "a big handful of courses" in the Dallas-Fort Worth area not for bad behaviour, but for sneaking onto them to practice.

***"I WOULD GO AND JUST JUMP OVER THE FENCE"***

"I would go and just jump over the fence," he admits without a hint of remorse. "I wasn't harming anybody or causing problems. But I just didn't have the money to pay. So I would sneak out there and just try to get better...until they realised I was there and kicked me out."

***"SO I WOULD SNEAK OUT THERE AND JUST TRY TO GET BETTER... UNTIL THEY REALISED I WAS THERE AND KICKED ME OUT"***

This guerrilla approach to golf development speaks volumes about Kenny's character. While his contemporaries enjoyed country club memberships and structured coaching, he was scaling fences to access practice facilities, driven by pure determination.



## IRISH ROOTS



Despite his Texas drawl, Kenny identifies strongly with his Irish heritage.

**"I FEEL MORE CONNECTED TO IRELAND THAN THE U.S. OR ANYWHERE ELSE"**



"I feel more connected to Ireland than the U.S. or anywhere else" he says, explaining that he visited Ireland annually during his childhood, where his parents once owned a house just outside Dublin in the Wicklow Mountains.

That connection runs deep enough that Kenny competes under the Irish flag - a nod to his father's homeland and the place that feels most authentic to him. "If you've got Irish relatives and Irish blood, you feel that Celtic-ness inside of you," he explains. "It's difficult to quantify why."

**"IF YOU'VE GOT IRISH RELATIVES AND IRISH BLOOD, YOU FEEL THAT CELTIC-NESS INSIDE OF YOU"**

# THE PROFESSIONAL LEAP

Kenny turned professional around late 2022 or early 2023 by his recollection, a decision he made despite knowing he might not be ready.

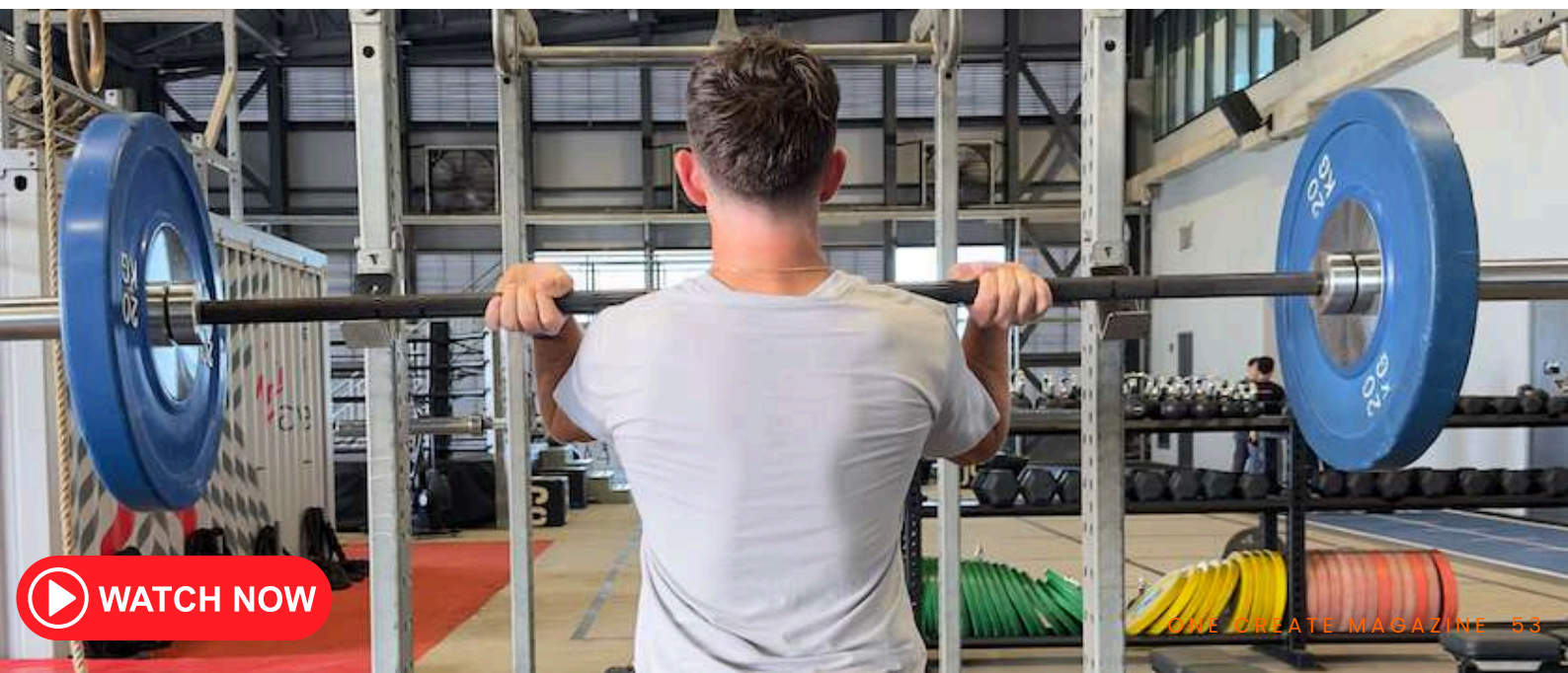
"When I originally turned pro, I knew I wasn't good enough," he admits with startling candour. "But at the same time, I knew the only way to put myself into a situation... I had to fake it until I could learn what I needed to do."

***"WHEN I ORIGINALLY TURNED PRO, I KNEW I WASN'T GOOD ENOUGH"***



His philosophy was simple: surround himself with better players to elevate his own game. "I had to be in situations like that in order to get better."

***"I HAD TO BE IN SITUATIONS LIKE THAT IN ORDER TO GET BETTER"***



[▶ WATCH NOW](#)

## BLAZING HIS OWN TRAIL

Ask Kenny about his golf heroes or role models, and you get another unexpected answer. "I don't think I have one," he says thoughtfully. "My role model is what I see myself in the future."



This independent thinking extends to his career strategy. Kenny recently relocated to Thailand, partly for the more affordable training environment. In the States, he estimates that a serious practice regimen could cost thousands of baht daily between green fees, range balls, and meals.

Instead of emulating one player, Kenny studies various pros to pick up elements from each. "I admire parts of people's games, but there's no one person."



**"MY ROLE MODEL IS WHAT I  
SEE MYSELF IN THE FUTURE"**

# GIVING BACK

Despite still climbing the professional ladder himself, Kenny already has visions of making golf more accessible. He's keenly aware that golf remains largely a sport for the privileged. "That's one of my motivations," he says about his future plans. "I want to make golf something accessible to the average person.

***'I'D LOVE TO BE ABLE TO HELP KIDS WHO WANT TO GOLF, EVEN IF THEIR PARENTS DON'T HAVE MONEY... JUST AT LEAST GIVE THEM A TASTE'***

It's this perspective understanding what it means to be locked outside the gates, literally and figuratively - that makes Kenny's voice unique in golf.

*Declan Kenny currently competes professionally while based in Thailand. Though he's retired from pulling the perfect pint of Guinness at his parents' Irish pub, The Dubliner, his hospitality roots run deep. When back in the USA, he can be found with his family at Lochland's Garden Restaurant and Bar in Dallas, Texas, another successful establishment in his parents' culinary portfolio.*

[DeclanKennyGolf.com](http://DeclanKennyGolf.com)



Given the hurdles he's already cleared and the unorthodox path he's charted, you'd be brave to bet against him.



# Thailand's Volleyball Heroes

*Ajcharaporn Kongyot  
Captain of Thailand  
Women's National  
Volleyball Team.*





## **THAILAND'S WOMENS VOLLEYBALL TEAM IS A NATIONAL PHENOMENON**

The success of Thailand's Women Volleyball team is monumental. From winning major competitions which includes the Asia Women's Volleyball Championship in 2009, 2013 and 2023.

With relentless determination, teamwork and perseverance, Thailand's Women's Volleyball team has been a force in the sport with a bright future of players and legacy in the years to come.

Currently, The Thailand's Women Volleyball team is competing in the Volleyball Nations League, aspiring to reach the final round in Poland.



## 2025 NATIONS LEAGUE CAMPAIGN

Thailand's 2025 Volleyball Nations League kick started on the June 4th, 2025 with their first match against Poland at the National Indoor Stadium in China.

This game marked a special moment to the team with the head coach of Thailand, Coach Kiattipong returned as the head coach of Thailand for the first time in the Volleyball Nations League.

Exciting news for Thai supporters and the team.

Thailand's opening success in the campaign, came from their hard-fought win against France on June 8<sup>th</sup> where Thailand won in 4 sets (25-14, 19-25, 25-23, 25-13)

When asked, Warisara Seetaload reflects on their performance

***"I'm very satisfied and I'm very happy to win this game."***

Pimpichaya Kokram reflected on their performance against France, she simply said:

***"It gives us the confidence to play in the next week."***

# BEHIND EVERY SERVE AND SPIKE

THE BACKBONE TO THAILAND'S SUCCESS IS THE IMMENSE SUPPORT FROM THE THAI FANS

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LAST YEAR, THAILAND HOSTED THE FINAL IN 2024 AT THE INDOOR STADIUM HUA MARK, BANGKOK BETWEEN ITALY AND JAPAN.

THE OVERALL TURNOUT AND SUCCESS WAS INCREDIBLE.

THIS YEAR, THAILAND WILL BE HOSTING THE FIVB VOLLEYBALL WORLD CHAMPIONSHIP ACROSS BANGKOK, PHUKET, CHIANG MAI AND NAKHON RATCHASIMA FROM 22<sup>ND</sup> AUGUST TO 7<sup>TH</sup> SEPTEMBER.

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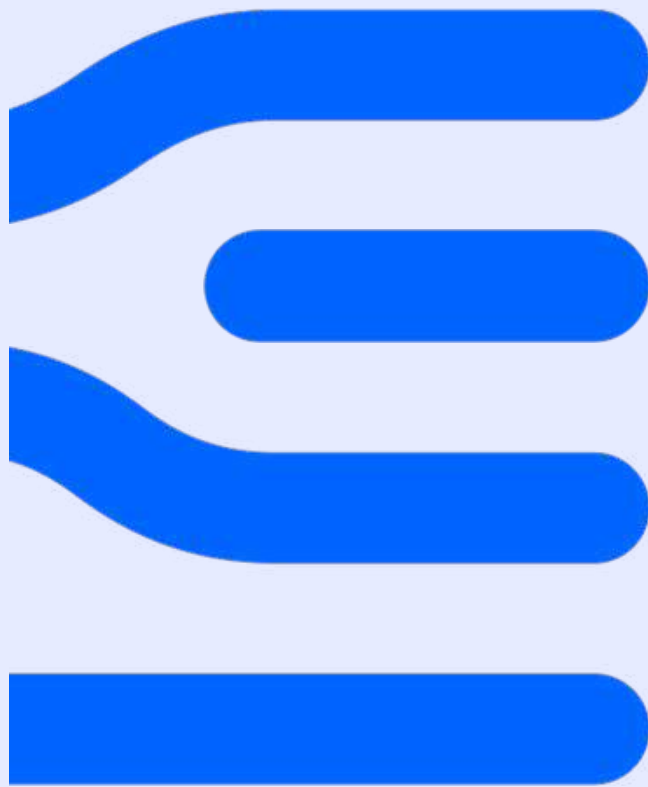
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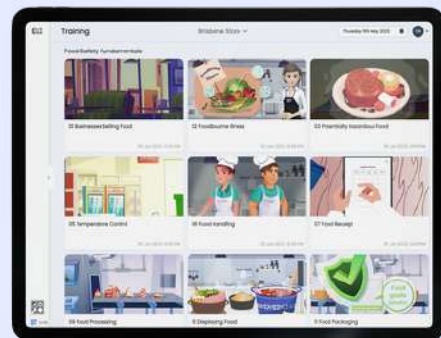
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# The Brain Drain



## How Bangkok's Air-Conditioned Life is Stealing Our Cognitive Power

*As I write this from my home near Bang Na, a busy area on the east side of Bangkok, the familiar hum of air conditioning fills the background - a sound so constant in Bangkok life that we barely notice it anymore.*

*But what we don't notice might be far more dangerous than what we do. Living in Thailand's capital has taught me that the invisible threat of carbon dioxide buildup in our sealed, air-conditioned environments is quietly eroding our mental performance every single day.*

*This isn't another article about superfoods, workout routines, or productivity hacks. We've covered all that extensively in One Create.*

*But there's one critical factor affecting our cognitive performance that rarely appears in wellness blogs: the air we breathe indoors. While we obsess over the right supplements and morning routines, we're ignoring the invisible cognitive thief that operates 24/7 in our homes and offices - read on if your cognitive functions are important to you.*

**After seven years** of calling Bangkok home, time that has wizzed by in a blink of an eye!

I've experienced what millions of residents face daily, the constant battle between Thailand's sweltering heat, pollution from vehicles, industry and farmers slash and burn agricultural practices, against the need for fresh air.

With temperatures regularly hitting 37°C, we've created a city of sealed boxes where fresh air is increasingly rare and we live in a sterile air-conditioned life.

The irony is stark; in our quest to escape Bangkok's notorious outdoor pollution - where PM2.5 levels hit 108-119 micrograms ++ per cubic metre this January.

We've trapped ourselves in environments that may be just as harmful to our cognitive function and health. Both outdoor pollution and CO2 keep our windows firmly shut, creating a double threat to our mental performance wherever we are.

In the wellness industry, we've become obsessed with optimising everything.

We debate diets, track macros religiously, invest in expensive supplements, and follow elaborate morning routines.

Yet the topic of indoor CO2 and its impact on cognitive function is virtually absent from these discussions.

This represents a massive blind spot. While we're fine-tuning our supplement stacks, we're potentially operating at significantly reduced cognitive capacity simply because of the air we're breathing.

Research has found people rated as "dysfunctional" on key measures like strategic thinking at CO2 levels commonly found in our daily environments.

When we breathe air with elevated CO2 levels - something that happens constantly in Bangkok's climate-controlled environments - the gas crosses into our bloodstream and brain, disrupting normal function.

For decades, building scientists believed CO2 at indoor levels was harmless.

Then Lawrence Berkeley National Laboratory proved them wrong.

As researcher William Fisk put it: "In our field we have always had a dogma that CO<sub>2</sub> itself, at the levels we find in buildings, is just not important.

So these results, which were quite unambiguous, were surprising."

Here's what CO<sub>2</sub> does to you:

- **Steals your sleep quality - levels above 1,000 ppm reduce sleep efficiency and increase wake time**
- **Clouds your thinking - even moderate levels cause "afternoon fog" and difficulty concentrating**
- **Kills strategic thinking - at higher levels, you literally become "dysfunctional" at planning and decision-making**

Where Brain Drain Happens:

*Your Commute:*

Research shows CO<sub>2</sub> levels in cars can spike above 5,000 ppm with recirculation mode on. This contributes to drowsiness - a factor in up to 30% of automobile accidents.

*Your Office:*

Many Bangkok offices regularly exceed 1,000 ppm during peak hours.

At these levels, research shows significant reductions in decision-making performance.

*Take Note:*

Harvard found people work 50% less effectively at 1,400 ppm compared to 550 ppm.

*Your Bedroom:*

This is the hidden killer. With my wife and me sleeping with the door closed, CO<sub>2</sub> levels consistently hit 1,500 ppm by morning.

This explains the sluggishness so many Bangkok residents experience as I do personally.

*My Challenge:*

Is to convince my wife to allow me to crack the bedroom door to get some fresh air in whilst sleeping Vs. a higher electricity bill.

N.B. Only 32% of bedrooms maintain safe CO<sub>2</sub> levels during sleep.

### *My Personal Wake-Up Call:*

It wasn't until my friend Tom at the gym introduced me to CO2 monitoring that I realised the extent of the problem.

Testing my home office revealed levels consistently above 1,200 ppm within three hours of starting work.

My afternoon productivity slow-down suddenly had a measurable explanation.

### *Solutions That Actually Work:*

Living in Bangkok requires creative solutions that balance cooling with cognitive health:

*Monitor Your Environment:* Install CO2 meters in key spaces (target: below 800 ppm). Recommended: Inkbird IAM-T1, available on Lazada/Shopee.

*Strategic Ventilation:* Open windows during cooler hours when outdoor pollution is lower. Use exhaust fans. Consider air exchange during rain showers.

*Smart AC Usage:* Switch to fresh air mode for 15-20 minutes every few hours. Use timers to allow natural air exchange.

### *Long-term: Energy Recovery*

Ventilation systems can pre-cool outside air while maintaining fresh air flow - saving up to 30% on AC costs.

### *The Bottom Line:*

We're heading toward a future where cognitive impairment becomes the norm rather than the exception.

The International Energy Agency forecasts AC units in ASEAN will jump from 40 million to 350 million by 2040.

If people can't think or perform as well due to poor indoor air quality, the economic impacts are massive.

The solution isn't to abandon air conditioning - it's to use it smarter.

Every breath of fresh air is a step toward sharper thinking and better decision-making.

In a city where cognitive performance can make the difference between success and mediocrity, we can't afford to let CO2 steal our mental edge any longer.



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# CURVISTAN

*PORSCHE DESIGN*

T H O N G L O R



In the heart of Thonglor, Bangkok's answer to Beverly Hills, where A-listers and the ultra-wealthy congregate among luxury condos and exclusive nightclubs, a revolutionary new concept has arrived that's already turning heads and revving engines.

CURVISTAN, Bangkok opened its doors in August 2024, and it isn't just another trendy venue in a neighbourhood already saturated with them.

It's an ambitious cultural experiment that blends automotive passion, contemporary art, and lifestyle luxury into something that perfectly captures modern Bangkok's elite zeitgeist.

If Phil Spencer the relocation guru of the UK, was writing this, he would simply say "Location, Location, Location" Thonglor would indeed be at the top of his hit list.





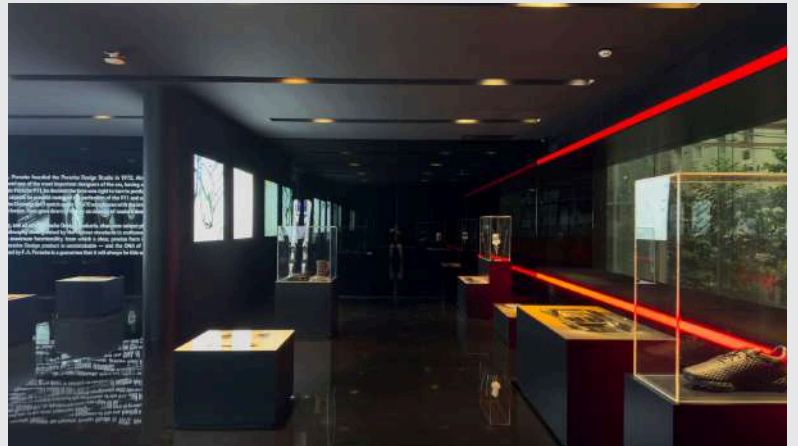
**Which leads us onto the man behind the passion, the idea and the final concept..**

Meet Stefan Bogner, he's a multi-talented photographer, designer, and die-hard Porsche enthusiast behind this venture.

As publisher of 'Curves' magazine, Stefan Bogner captures the beauty of the journey itself, blending nature, motion, and design. His vision clicked with Khun Chanond, CEO of a top-tier Thai real estate company who has harboured a passion for Porsche since his early years.

Their collaboration represents more than business. It's the materialisation of a shared dream.

Khun Chanond had always envisioned creating a Porsche clubhouse in Bangkok's heart, and Curvistan makes that vision reality.





Step through Curvistan's signal yellow entry tunnel (part carburettor, part psychedelic periscope from the Beatles' 'Yellow Submarine') and you leave megalopolitan Bangkok's hustle behind. You've entered what Stefan Bogner calls "an imaginary country where everyone owns a classic or sports car and people drive for the sheer pleasure of being on the road, seeing the beauty of the world flying past an open window."



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The space itself is vast, clean, and full of light, buzzing with bold wall colours, Bogner's photography, and graphic artworks. Groups sit on Jean Prouvé chairs, chatting over drinks while a DJ spins old-school hip-hop. A pearl white 1960s Porsche 911 sits next to a three-metre Mid-Century wood figure by designer Alexander Girard.



Curvistan's carefully curated network of luxury partners elevates it beyond simple automotive theming. Das Treffen, Asia Pacific's largest Porsche community, leads the collaboration, organising events with rare classics and limited supercars while publishing a magazine that nurtures Thailand's Porsche community.



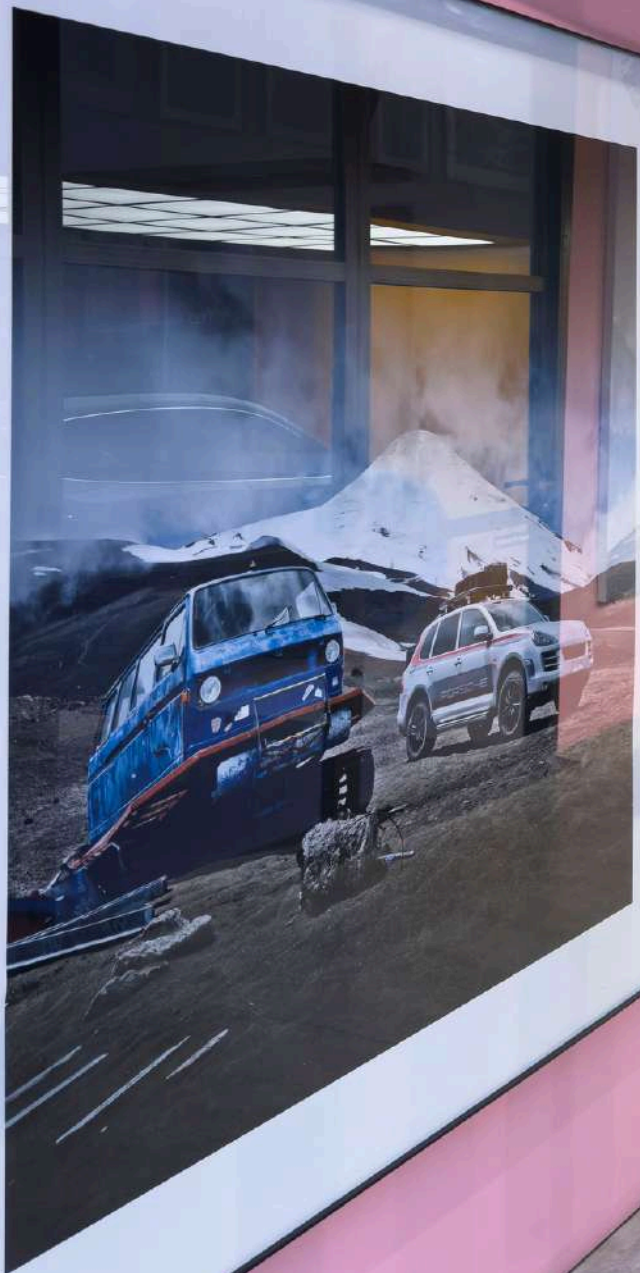
# CURVESTAN

Socrates Delicious Syrup Company, a major player in Bangkok's nightlife with ten bars, handles the drinks. Impact Exhibition Management brings specialty coffee expertise. Even the furniture speaks to design excellence, with pieces from Vitra, the Swiss company renowned for collaborations with Charles and Ray Eames, George Nelson, and Verner Panton.

# PORSCHE DESIGN







# PORSCHE DESIGN



The gallery displays curated Porsche universe collections that rotate every two to three months. The inaugural "Porsche: A Design Manifesto" explored the brand's holistic design philosophy, from sports cars to skyscrapers. Recent exhibitions included "Porsche Unseen Design Studies" and the current "Electrifying Past. Present. Future," celebrating the brand's electromobility journey.



# PORSCHE DESIGN



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Curvistan signals something massive. Chanond's Ananda Development and Porsche Design recently announced the first Porsche Design Tower in Asia, an ultra-luxury residence opening next door in 2028. With 22 exclusive duplex and quadplex Sky Villas averaging \$15 million USD, this represents Bangkok luxury real estate's pinnacle.

"It's more than just a place, it's an open space where the Porsche community can connect, share their passion, and see their dreams come to life," says Bogner. "Curvistan offers a unique blend of coffee shop, automotive and art gallery, and concept store."



This came as no surprise to his former boss, Ludwig Lohner. When asked about the engineer at the Paris Exposition in 1900, he said, «That's a man who has a very big career ahead of him. You'll hear a lot about him in the future. His name is Ferdinand Porsche.»

**Hybrid 919 Hybrid 2015**  
 The 919 Hybrid is a two-seater endurance racing car. It is powered by a 2.0-liter four-cylinder internal combustion engine with a turbocharger and a hybrid system consisting of a lithium-ion battery pack and a permanent magnet synchronous motor. The car is designed for high-speed endurance racing, with a top speed of over 300 km/h.

**Porsche 919 Hybrid 2015**  
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Despite its association with one of the world's most exclusive automotive brands and location in Bangkok's most elite neighbourhood,

Curvistan maintains interesting accessibility. Open daily from 7am to midnight, it welcomes visitors while maintaining exclusivity. This reflects broader luxury retail trends toward aspirational spaces that allow wider engagement with premium brands.

In a city where luxury traditionally meant five-star hotels, exclusive restaurants, and members-only clubs, Curvistan represents a new paradigm.

It's luxury entertainment for the experience economy, where the ultra-wealthy seek meaningful cultural engagement alongside exclusivity.

[@curvistanbangkok](https://www.instagram.com/curvistanbangkok)

**THONGLOR'S**

**AUTOMOTIVE**

**DREAM SCENE**

ONE CREATE MAGAZINE 81

# Mind Soul & Body .

## The Eight Limbed Path



By Elle Sirilak

*Welcome to my first column where I have the pleasure of sharing my journey in my daily practice of Ashtanga and my teachings as a yoga teacher*



# THE EIGHT LIMBED PATH

## What Do You Know About Yoga?

By Elle Sirilak

### What Do You Know About Yoga?

It is not only the poses like handstand or some pretzel human form. Yoga is more than what you see. For the asana practice, it imitates forms from living and non-living things, and Indian gods (of which there are many) which is why asana is the third limb of the eight limbs of Patanjali yoga. The asanas are more than a thousand of them. Patanjali set out his definition of yoga in the Yoga Sutras as follows: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. Are you familiar with those Sanskrit words yet? Let me explain how the eight limbs of yoga work.

Ashtanga yoga is a system where the postures connect with the breath, combining flowing movement with focus on internal awareness through self-practice and self-observation. Ashtanga yoga is meditation in movement: one breath, one movement. Yoga means union. The way of yoga is not to levitate or stop the heartbeat. Nothing superstitious. It is a way of living.

### How the Eight Limbs of Yoga Work

There are many concepts and principles that yoga is based on: a rich tapestry of wisdom that has guided practitioners for thousands of years. Here are some that I'd like to share with you, starting with the foundational practices that shape how we live and relate to ourselves and others.

#### **Yama (Abstinence) is external discipline, moral imperatives like:**

- Ahimsa: non-violence, do no harm
- Satya: truthfulness, do not lie
- Asteya: non-stealing
- Brahmacharya: chastity, marital fidelity or celibacy, or be faithful to your partner
- Aparigraha: non-avarice, non-possessiveness

#### **Niyama (Observances) is internal discipline:**

- Shaucha: purity, cleanliness of the mind, speech and body
- Santosha: contentment, acceptance of others and acceptance of one's circumstances
- Tapas: this one is not the Spanish food! In Sanskrit it means persistence, perseverance, austerity, asceticism, self-discipline
- Svadhyaya: study of the Vedas, study of self, self-reflection
- Ishvarapranidhana: contemplation of the Ishvara (supreme being, Brahman, true self)



## Asana

is a posture that one can hold for a period of time, staying relaxed, steady, comfortable and motionless. In Ashtanga yoga we practice the asana first. It is very interesting how to explain to non-yoga practitioners why we don't practice in order like Yama, Niyama, etc. My teacher said you practice asana, then Yama and Niyama happen within you. Asana gets more attention than the other limbs because people start practicing yoga for different reasons—some to lose weight, some for mental health. After a while they will get the benefits of Yama and Niyama through the asana practice.

I want to add more about asana practice. Who is practicing yoga—people who can do fancy asanas but can't find peace in the mind, or people who do simple asanas with peace? Not the pretend one. So which one do you think practices yoga? There is no competition. If we can sit in lotus longer, are we the ones who meditate better? The state of mind happens within you.



**Pranayama** is the control of the breath. When you are a master in the asana, then the teacher will introduce you to pranayama. In Ashtanga yoga we do simple pranayama like Nadi Shodhana after the asana practice.

The first four limbs focus on external discipline to purify the body, and the last four limbs focus on internal discipline to purify the mind.



**Pratyahara** is drawing within one's awareness, withdrawing of the senses, full self-realization, consciousness:

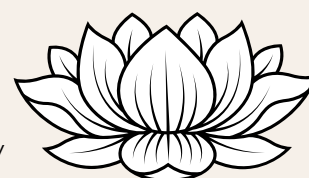
- Indriya pratyahara: control of the senses
- Karma pratyahara: control of action
- Prana pratyahara: control of the prana
- Mano pratyahara: withdrawal of the mind from the senses (the five senses: taste, touch, sight, hearing, smell)



**Dharana** is the act of holding, bearing, wearing, supporting, maintaining, retaining, also collection or concentration of the mind which joins with the breath in one place. There is Pancha Dharana—there are five elements of the body: Prithvi, Apas, Agni, Vayu and Akasha.



**Samadhi** is the enlightenment, the oneness. To reach samadhi, each person has different experiences. From my personal experience, ordinary people who practice yoga mostly focus on asana performance more than any other limbs. I could be wrong, but these days people care about their appearance.



**This is about the eight limbs of Ashtanga yoga from my personal experience. To me, the asana practice is like moving meditation. It gives me peace of mind while the outside world is very chaotic.**

### **If we practice all the limbs, will we reach samadhi?**

I can't guarantee that you will. My teacher said the first four limbs are suitable for householders. So if we practice asana, it does not mean we are yogis. We practice to bring balance to our life. The true yogis who practice all the limbs, you won't see them among us. What we know about yoga maybe is only asana performance. Practicing yoga asana will help you to sit in lotus and stay still longer: that is the ideal. But if you can't sit in Padmasana, can you still do meditation? Yes. For other practices like Buddhism, we have many methods to do meditation, and yet who knows what true enlightenment is?

Yoga is more than physical postures; it is a way of living encompassing eight limbs. The first four limbs (Yama (abstinence) and Niyama (observances)) focus on external and internal discipline, respectively. The remaining four limbs (Pranayama (breath control), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation), and Samadhi (enlightenment)) purify the mind and lead to self-realization.

# Watch Elle Sirilak's video

Gain deeper insight into her story and her expertise

**"WHEN I DO SOMETHING, I WILL TRY MY BEST. IF I CAN ONLY HALF-COMMIT, THEN I WON'T START THE JOURNEY."**

小红书

Elle sirilak



牺牲 Sacrifice

WATCH NOW

## About Elle

Elle Sirilak is a KPJAYI Authorized Level 2 teacher originally from Thailand, now based in Hangzhou, China. She has taught across Europe and Asia, with highlights including assisting Sharath Jois in Mysore and Laruga Glaser at Purple Valley, Goa. Elle is particularly noted for her understanding of the female body and helping female students reach their full potential in Ashtanga practice. Her personal philosophy: "When I do something, I will try my best. If I can only half-commit, then I won't start the journey." Join her journey here as she explores each limb of this transformative practice.

# *maddy hopper*



## Arash Groyan: Ancient Art, Modern Vision

Master Persian miniature painter Arash Groyan transforms 2,000-year-old traditions from his Bangkok studio. This Tehran-born artist fell in love with Thailand's creative atmosphere in 2009 and never looked back.

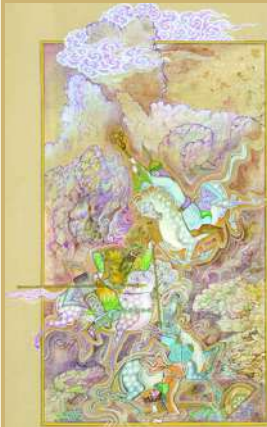
Working with 24-carat gold mixed with honey and traditional Isfahan ink, Groyan's intricate paintings require magnifying glasses to appreciate their detail. His celebrated "The Battle of Rostam and Afrasiab" brings Ferdowsi's epic Shahnameh to vivid life, while pieces like "World Peace" incorporate precious stones including diamonds and rubies.

But Groyan isn't bound by tradition. His collaboration with Russian artist Leyla Sandshiko fuses Persian miniatures with Muay Thai techniques, creating bold contemporary works that honor ancient methods while speaking to modern audiences.

Beyond painting, his talents span jewelry design, carpet design, and cinema. With works in Tehran museums and collections across 20+ countries, Groyan serves as a cultural bridge between Persian and Thai artistic traditions—proving that the oldest stories still have the power to captivate.



# Arash Groyan





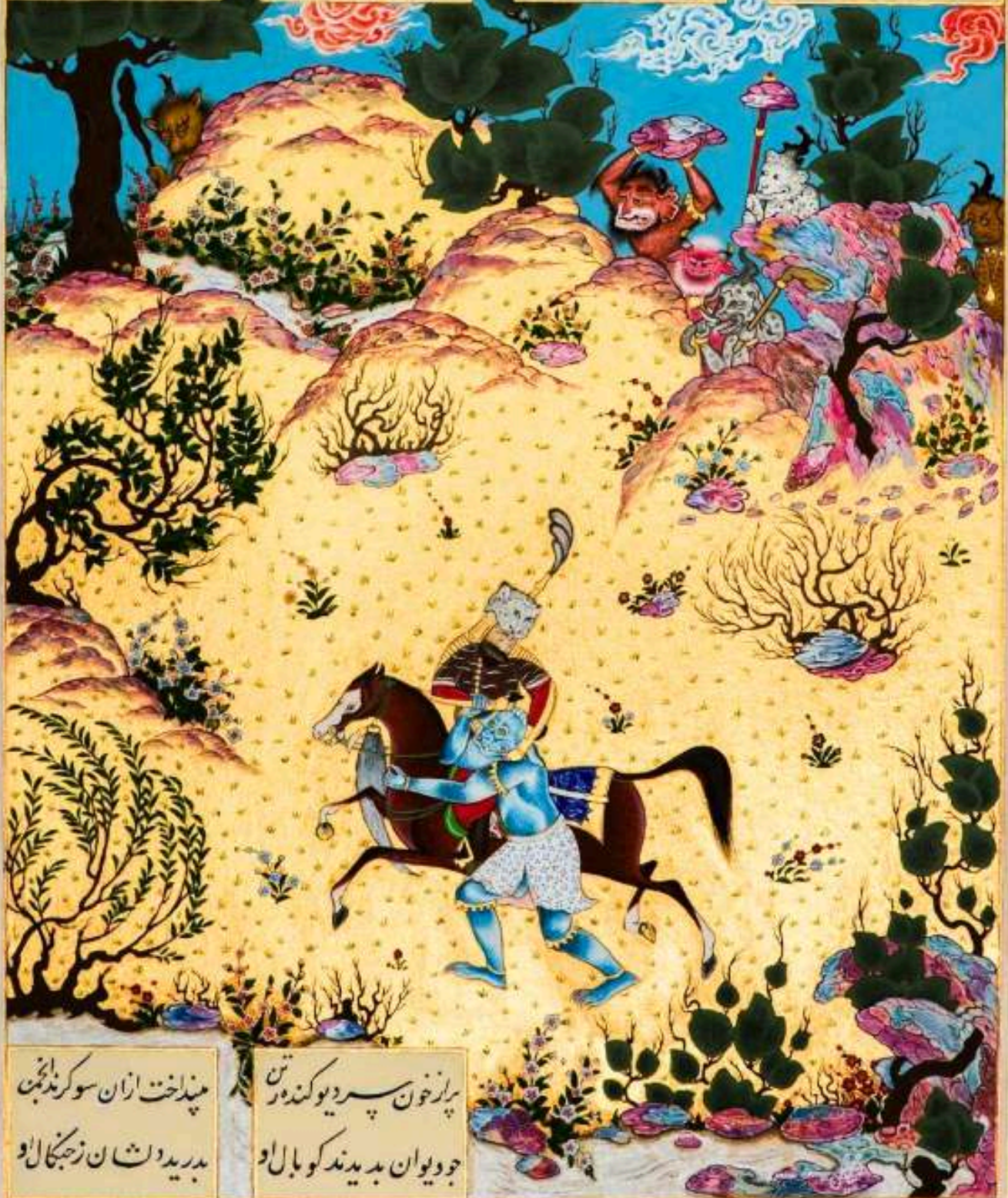
جو خودشید بر ز سر ز تیر کوه  
 بزین اندر افکند کزینا  
 کی محسوس خسر وی بر سرش  
 کی نعره زد در میان کوه  
 جو رستم و رادید ای سخت است



خوی آلوده به سپهر پان سپوش  
 که گفتی بدرید دریا و کوه  
 پاید بر او چو آذر کشت

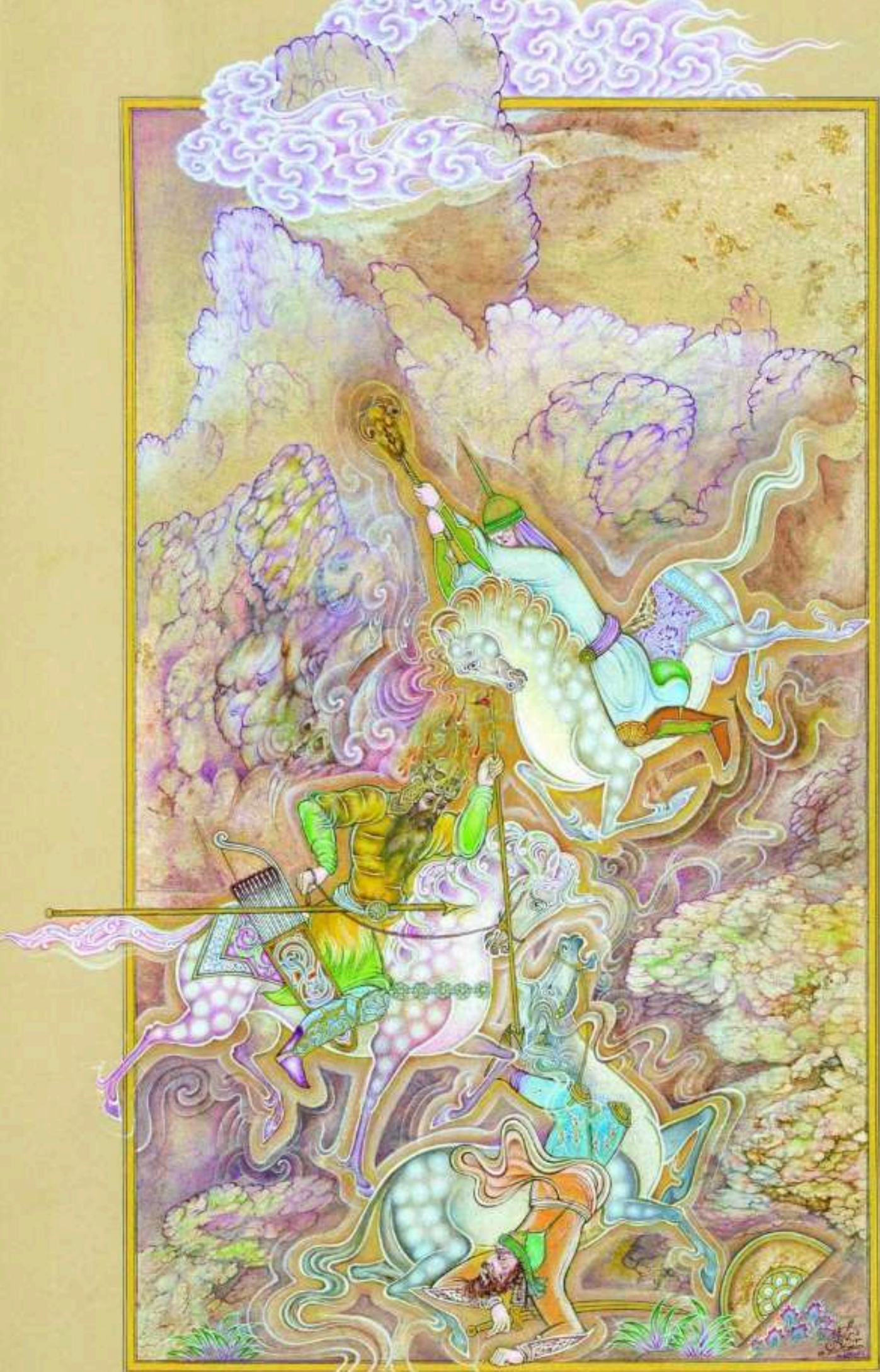
بار زنگ پسالار بنهاد روی  
 بدون حبت از خیمه از زنگ  
 سر و گوش بگرفت و یالش دلیر

جهانز پیغود منسرو شکوه  
 می رفت یکدل پراز کیمیا  
 جو آمد بر شکر جنگو پی  
 جو آمد بکوشش بد انسان غزو  
 سر از تن بگندش بگردار



پراز خون سپردی بو کندرتین  
 جو دیوان بدیدند کوبال او

مپداخت از ان سو کردن بخت  
 بدیددشان ز جنگال او







# Wesley Edwards Art



Wesley is an artist and full time traveler currently traveling through Europe, his canvas works featured here can be purchased at [wesleyedwardsart.com](http://wesleyedwardsart.com)

# *Art is Transformation: The complete unknown*

## Exploring New Dimensions of Creativity

*We incarnated into this reality of duality to experience fear so we could then expand beyond its invisible boundaries into a greater sense of self.*

Consider the **Matryoshka dolls Of Russia.**

*Each doll resides in the other, a smaller version of itself. We are like these dolls, or these dolls are a representation of us. Except we extend infinitely in both directions.*

*Fractals within fractals.*

*What is interesting to me about being a creative is that there is also a healing process going on within the work itself and yet most of us refuse to acknowledge the crucial role of our pain. We seek solace in self help books and therapy rather than understanding its our true power.*

*You want to create something monumental and unique, but shutter at the pain of being misunderstood. You ask for creativity but settle for mediocrity through imitation of someone else's path. You want to say something of significance, but you complain over the pain of what was done to you.*

**The betrayal. The isolation, The regret.**

*You spend hours dwelling over things that could have been, how you would have done something different had you known better. But what if you have missed the point entirely? What if the pain of betrayal is the greatest gift life could ever give you.*

*To be betrayed by someone is to be set free, without needing to be understood. The pain is the gift of finally seeing yourself for who you are, not what you thought you were and grieving what had been.*

**If art is alchemy, then we have to first have the coal in our hands before we can transmute it into gold.**

*It's really curious then, for me to hear so many creative people underestimate how much of their pain and isolation has served them.*

*If creativity is the deliberate expansion of consciousness then there must first be contraction. Trauma is not there to make you, you are put in the trauma because only you are capable of transforming it into something else*

*To live creatively is to live on the razor knives edge of life, its to die daily to what you thought you were yesterday. Yesterday version of you was a sketch that gets burnt away in today's morning fire. Real creativity comes from the crucible the fire of transformation.*

*Transformation is painful, It's not mindless entertainment. We shutter away from the opportunity to deal directly with this pain but Creativity is not found in tips and tricks, or techniques its found in the death of the individual who has decided to walk through the fire of creation with total faith knowing that every unessential thing they picked up until this point will be burned away.*

Read more at the artists blog at [wesleyedwardsart.com](http://wesleyedwardsart.com)

*Wesley Edwards Art*

# One Create

Lifestyle & Design Zine

Issue #4



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# Wearable Gadgets .



1

## **AmazFit Active 2:**

Excellent smartwatch with bright AMOLED display, 160+ sport modes, GPS, 10-day battery life, and reliable health tracking in sleek design.



2

## **Oura Ring 4:**

Best smart ring available with Smart Sensing technology, comfortable design, week-long battery life, and comprehensive sleep and health tracking insights.



3

## **Fitbit Charge 6:**

Light, comfortable fitness tracker with excellent heart rate and sleep tracking, GPS, Google integration, and seven-day battery life.



4

## **Google Pixel Watch 3:**

Well-rounded smartwatch with larger 45mm option, brighter display, 48-hour battery life, advanced health tracking, and seamless Google ecosystem integration.



5

## **Garmin Fenix 7S Pro:**

Premium GPS watch with exceptional durability, long battery life, comprehensive health metrics, superior mapping, flashlight, and built for endurance activities.



6

## **Suunto Aqua Headphones:**

Waterproof bone conduction headphones with 32GB storage, AI swim coaching, IP68 rating, 30-hour battery, and open-ear safety awareness.



7

**Muse 2:**

The Muse 2 is a smart headband that acts as your personal meditation coach. Using advanced EEG brain sensors, it can detect your brain activity and provide you with real-time feedback in the form of gentle audio sounds through your headphones.



8

**Whoop 5.0:**

Comprehensive fitness tracker with 14-day battery life, blood pressure monitoring, Healthspan insights, 60% faster processor, and deep health analytics.



9

**Samsung Galaxy Watch Ultra:**

Rugged titanium smartwatch with brilliant 3,000-nit display, comfortable design, impressive feature list, and Samsung's most capable wearable yet.



10

**Polar H10:**

A wireless chest strap heart rate monitor considered the gold standard for precise workout tracking, with Bluetooth and ANT+ connectivity for fitness apps.

The Links to These Products are Not Affiliate Links

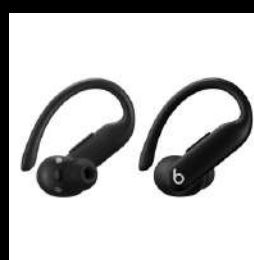
# Honorable Mentions

These devices offer solid heart rate monitoring and fitness tracking capabilities without the advanced medical sensors found in flagship wearables.



**Apple Watch SE:**

An affordable fitness tracker with heart rate monitoring, sleep tracking, workout detection, and safety features, minus advanced medical sensors like ECG.



**Powerbeats Pro 2:**

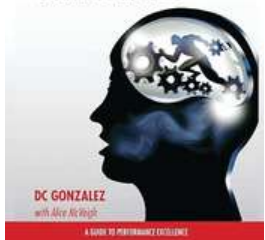
Wireless earbuds with built-in heart rate sensors that monitor your pulse over 100 times per second during workouts and activities for fitness tracking.

**W**elcome to the Book-Shelf section of One Create Magazine, where we bring you a curated selection of books that may have flown under your radar but are well worth your time.

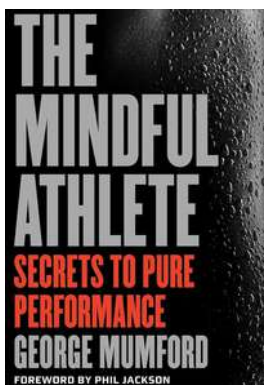
Whether you're on a journey of personal growth, seeking spiritual enlightenment, or simply looking for an inspiring read, our recommendations aim to introduce you to powerful works that can transform the way you think and live.

Dive into these thought-provoking books and let them guide you toward new perspectives, deeper understanding, and perhaps even a path to self-discovery or maybe just a damn great read!

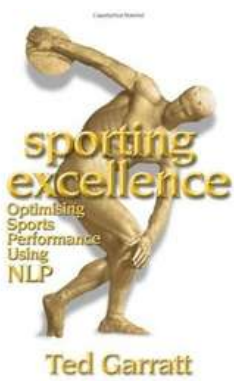
### THE ART OF MENTAL TRAINING



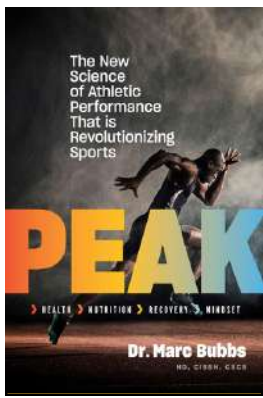
**The Art of Mental Training:** by DC Gonzalez provides practical guide to developing mental toughness and focus. Gonzalez offers straightforward techniques for overcoming performance anxiety and building confidence. Practical guide to developing mental toughness and focus. Gonzalez offers straightforward techniques for overcoming performance anxiety and building confidence through proven psychological strategies.



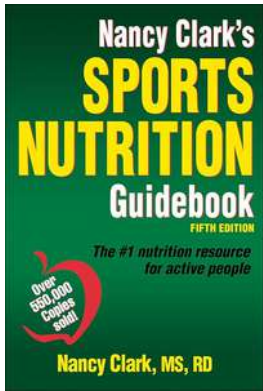
**The Mindful Athlete: Secrets to Pure Performance:** by George Mumford combines mindfulness meditation with athletic performance. Teaches present-moment awareness and mental clarity techniques that enhance focus and reduce competitive stress. Mumford, who worked with legendary teams like the Chicago Bulls and Los Angeles Lakers, shares the meditation practices he used with Michael Jordan and Kobe Bryant.



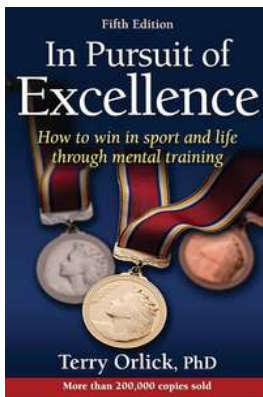
**Sporting Excellence: Optimising Sports Performance using NLP:** by Ted Garratt applies NLP (Neuro-Linguistic Programming) techniques to sports performance. Garratt provides visualization and mental programming strategies, though some methods lack scientific backing. The book covers anchoring techniques for accessing peak performance states, reframing negative thought patterns, and using language patterns to build confidence. Garratt explores concepts like modeling excellence from top performers and creating powerful mental associations through sensory-rich imagery.



**Peak: The New Science of Athletic Performance That is Revolutionizing Sports:** by Dr. Marc Bubbs provides Comprehensive approach covering health, nutrition, recovery, and mindset for athletic performance. Bubbs integrates multiple disciplines but can feel overwhelming with information density. The book examines cutting-edge research in sleep optimization, stress management, and periodization training, while addressing the interconnected nature of physical and mental performance.



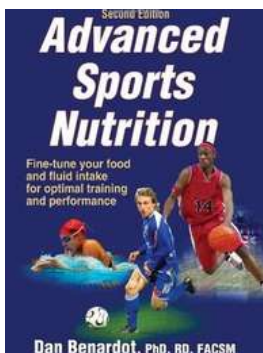
**Nancy Clark's Sports Nutrition Guidebook:** by Nancy Clark is an accessible and practical nutrition resource for athletes of all levels. Clark breaks down complex nutritional science into easy-to-understand guidance on fueling before, during, and after exercise. The book covers meal planning, weight management, and addressing common nutrition myths that plague the athletic community. Clark's approach emphasizes real food over supplements, with practical advice on grocery shopping, meal prep, and eating on the road during competition.



**In Pursuit of Excellence: How to Win in Sport and Life Through Mental Training:** by Terry Orlick, PhD offers classic sports psychology guide offering practical mental training techniques. Orlick's methods for visualization, goal setting, and focus remain valuable for athletes across all levels. Drawing from decades of work with Olympic athletes, Orlick presents time-tested strategies for mental preparation, competition planning, and performance evaluation. The book emphasizes developing personal excellence rather than just winning.



**Run Fast, Eat Slow:** by Shalane Flanagan and Elyse Kopecky is a holistic cookbook that emphasizes nourishing, whole-food recipes to fuel runners and active lifestyles. This book encourages mindful eating and the importance of quality ingredients—like healthy fats, complex carbs, and natural sweeteners—for performance, recovery, and long-term wellness. The authors combine personal stories, nutritional insights, and over 100 flavorful recipes. It's a guide to eating intuitively, cooking confidently and running stronger with real food.



**Advanced Sports Nutrition:** by Dan Benardot, PhD provides Technical, evidence-based approach to performance nutrition. Benardot provides detailed guidance on timing, hydration, and supplement strategies for serious athletes and coaches. The book delves into metabolic pathways, glycogen storage, and energy system optimization with scientific rigor that sets it apart from mainstream nutrition guides.

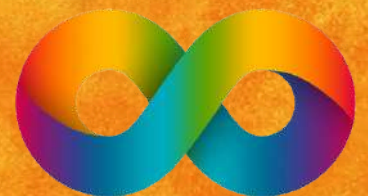
# NO RULES APPLY

A SPACE FOR RAW, UNFILTERED  
CONVERSATIONS THAT CAPTURE THE  
REAL ESSENCE OF CREATIVE MINDS,  
INDUSTRY PIONEERS, AND  
FASCINATING INDIVIDUALS WHO  
SHAPE OUR WORLD.

BUT NOT FOR LONG

A ONE CREATE

PODCAST



A STORY  
OF CRIME  
& COMEDY

1



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THE  
**BANGKOK**  
JOB



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