



## WELLNESS ACTIVITIES

### AERIAL YOGA, 60 MINUTES/SCR 1,125

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

### YOGA FITNESS, 60 MINUTES/SCR 1,125

Enjoy the benefits of a cardio workout without overstraining the joints. This exercise follows the principles of yoga and connects breath with the movement. For every posture there is a counter posture and these are carried out in sequence to create greater awareness of the body, while developing strength and flexibility.

### MINDFUL MOVEMENT, 60 MINUTES/SCR 1,125

Explore the surroundings and reconnect with nature with this outdoor walking meditation and yoga session.

*Prices are subject to 15 percent government tax and 10 percent service charge.*

### CHAKRA HEALING MEDITATION, 60 MINUTES/SCR 1,125

For over thousands of years, meditation has been utilized for healing, cleansing and balancing chakras. Accompanied by the healing sound of singing bowls and chanting, this session enables practitioners to consciously focus on inner light and love. At the same time, they bring attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

### SOUND HEALING MEDITATION, 60 MINUTES/SCR 1,125

Sound healing is an effective treatment in reducing stress levels and evoking a deep sense of calm and well-being. During this journey, the rain stick and African drum are used for grounding, the kalimba and kushis for relaxation, the chimes to resonate with specific chakras and the singing bowls to induce a deep meditative state.

*Prices are subject to 15 percent government tax and 10 percent service charge.*



### PRANAYAMA, THE POWER OF BREATH, 60 MINUTES/SCR 1,125

Pranayama (breathing exercise) utilizes breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process. You will learn more about the art of breathing and how to implement it in your daily life.

### RESTORATIVE TRAINING & TREATMENT, 60 MIN (1 ON 1)/SCR 1,125

This workout session releasing strains, aches and tension from the neck, shoulders, arms and lower back. It combines upper body training with stretching followed by a targeted massage.

### TRX PILATES, 60 MINUTES/SCR 1,125

Pilates is an effective form of exercise which focuses on developing the body through core strength and flexibility, creating a stable base to support efficient and graceful movement. TRX gives this workout a new dimension, while focusing on the main principles of centering, control, concentration, flow, breath and precision.

*Prices are subject to 15 percent government tax and 10 percent service charge.*





### PERSONAL FITNESS, 60 MINUTES/SCR 1,125

This circuit training session combines cardio, core, endurance, stability, flexibility and strength workouts to help you achieve personal goals.

### CORE TRAINING, 60 MINUTES/SCR 1,125

A strong core leads to better posture, more control, better balance and performance, assists with rehabilitation and generally protects the lower back area. This session uses a foam roller, stability ball and yoga mat.

### UPPER BODY WORKOUT, 60 MINUTES/SCR 1,125

Strengthen your arms and shoulders with this training session combining a variety of tools and techniques with great advice.

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