

## Yoga & Meditation Activities

### Group Sunrise and Sunset Yoga

Enjoy the sounds of the sea and the warmth of the sun while practicing yoga, either as the sun rises or as it sets. No experience necessary and all skill levels welcome. This session will include asana's (poses), pranayama (breathing) and meditation.

Complimentary  
45 Minutes

### Patanjali Hatha Yoga

Hatha means yoga of force, the eight-fold path, a set of physical postures, breathing techniques, cleansing practices bringing balance to mind and body, mastery over stress to attain spirituality.

Personal \$90 | Couples \$150 | Additional (third onwards) \$45  
60 Minutes

### Astanga Vinyasa Yoga

A vigorous practice including series of yoga posture combining with breath focus and improving strength, mind body coordination and flexibility.

Personal \$90 | Couples \$150 | Additional (third onwards) \$45  
60 Minutes

### Pregnancy Yoga

(pre/post-natal)

Gentle sequence of yoga practices to support physical, mental, emotional changes during pregnancy and post that, strengthening pelvic floor, encouraging stretches, mental centering, helps to stabilize symptoms with overall health.

Personal \$90 | Couples \$150 | Additional (third onwards) \$45  
60 Minutes

### SUP Board Yoga

Challenge your balance and stability, practice off the mat while enjoying the magic of water and nature. Promoting mindfulness, body control, immersing, stabilizing, and strengthening your core as your body stabilizes the board through the various poses and managed the drift of the board and the waves.

Personal \$110 | Additional (two onwards) \$50  
60 Minutes

### Therapeutic Yoga

Tailored yoga practices for different health ailments, conditions range from physical to emotional distress, with a holistic approach considering overall health of an individual, adapting to all limitations. (Could be combined with lifestyle consultation)

Personal \$90 | Couples \$150 | Additional (third onwards) \$45  
60 Minutes

### Aerial Yoga

(anti-gravity yoga)

Aerial yoga benefits for strengthening and stretching whole body, decompressing the spine, improving circulation, boosting digestion and lifting one's mood. Aerial yoga strengthens the core as well as the arms and legs, to support the body in mid-air.

Personal \$110 | Couples \$190 | Additional (third onwards) \$55  
60 Minutes

### Family Yoga

This family class incorporates a yoga lesson for two adults and two children over the age of five. Yoga can help improve concentration, stimulate the imagination and release energy in a fun, safe environment. Children will learn about animals, nature and basic anatomy, using animated yoga postures. For teenagers, yoga is a great way to reduce the everyday stress of school, exams and impending adulthood.

Two adults + Two children with age from five years old \$190  
60 Minutes

### Guided Meditation

The practice leading to mindfulness, encourages on breath awareness, visualization, attention to sound and mind to manifest better outlook and greater sense of well-being.

Personal \$75 | Additional (two onwards) \$40  
45 Minutes

### Trataka

(Candles Meditation)

The practice of Trataka Meditation has been associated with several benefits, including enhanced concentration, reduced stress and anxiety, and increased focus, this is a ritual-like form of candle meditation in which participants gaze into a flame, meditating intended to help purify the body in preparation for a path towards higher meditation.

Personal \$75 | Additional (two onwards) \$40  
45 Minutes

### Sound Healing Meditation

A form of meditation using sound as a healing vibration to the body and mind, specialized sound frequencies to create therapeutic atmosphere and promote rest and relaxation, nervous system rebalancing and emotional release, works directly on body's energy field and chakras.

Personal \$75 | Additional (two onwards) \$40  
45mins

### Chanting's

(Mantra)

Chanting's can help silence the racing thoughts in your mind and reduce distractions, increase attention span. It aids in the slowing down of mental activity and thought, the goal is to expand your awareness so you can get more comfortable observing your thoughts without getting immediately involved in them.

Personal \$75 | Additional (two onwards) \$40  
45 Minutes

### Breathing Exercises

Periods of slow, deep, and manipulative breaths, focusing on prana intended to promote effective and healthy breathing and reducing stress and experience sense of relaxation.

Personal \$75 | Additional (two onwards) \$40  
45 Minutes

### Holistic Lifestyle Consultation

Health assessment to evaluates the whole person from health history to emotional state, lifestyle habits to current diet habits to determine the root cause of his or her health issues. recognize patterns of imbalances approach with yoga practices, breathing exercises, meditation, nutrition, and supplements.

Personal \$90

### SMET

(Self Management for Excessive Tension)

Holistic yoga-based stress management technique combined yogic science and Vedic ideology for combating stress and ensuring all round health of the body and mind. It is a series of successive stimulations and relaxations to release stress at deeper levels. SMET Program is exclusively and extensively developed for those having "work pressure" and 'Occupational Stress' in specifically corporate world.

Personal \$75 | Additional (two onwards) \$40  
60 Minutes



Advance booking is required for all sessions.

No show or cancellation within 4 hours will incur a 50% charge.

All prices are in US dollars and are subject to a 10% service charge plus 16% GST.