

Yoga and Mindfulness



DAILY SCHEDULE

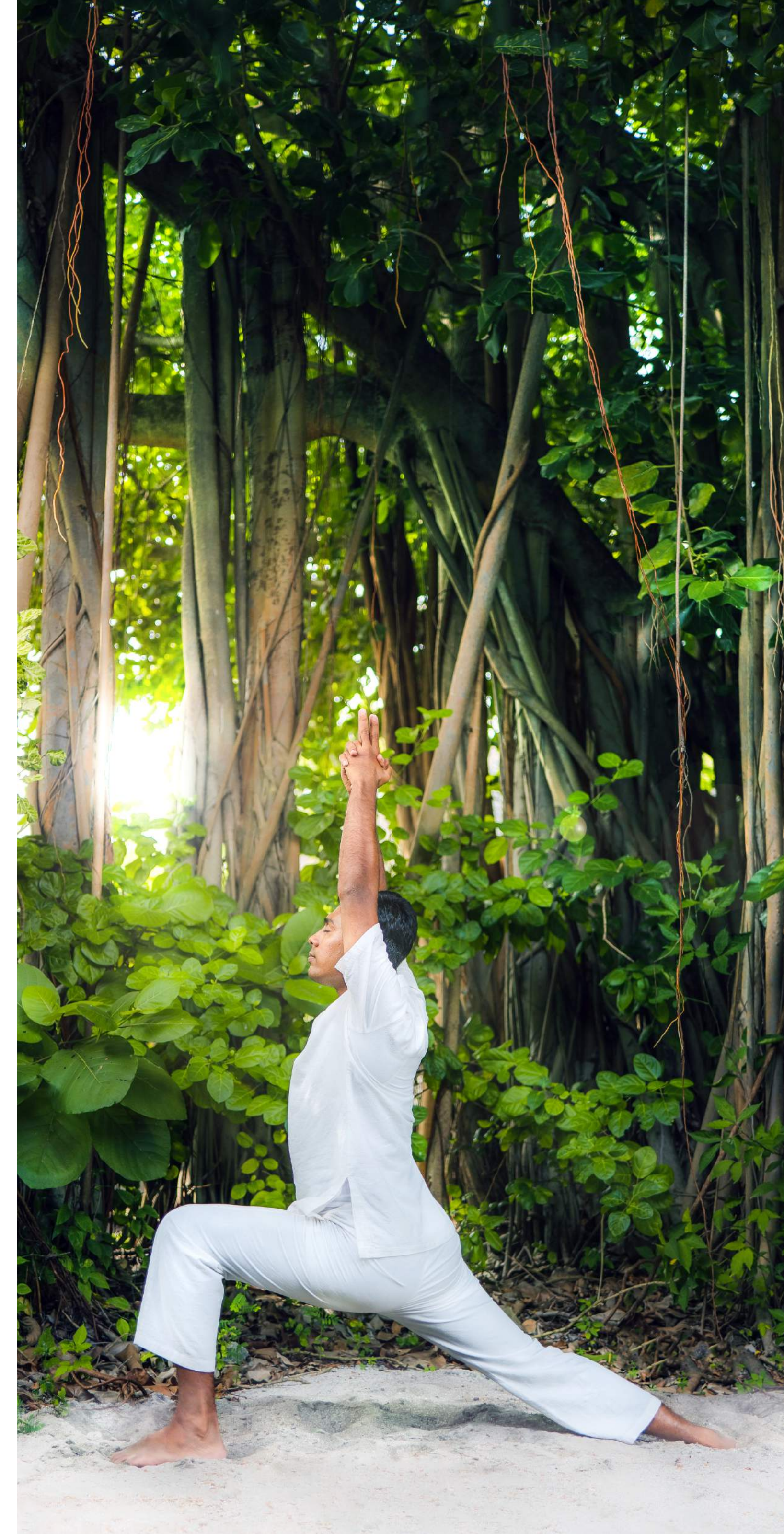
	06:30-07:30	10:00-11:00	15:00-16:00	17:00:18:00
MONDAY	*SPINAL CARE YOGA	#SIMPLE HATHA YOGA At Samsara Restaurant	-	**HATHA-FLOW YOGA
TUESDAY	**AQUA AEROBIC YOGA	-	#SIMPLE FLOW YOGA At Samsara Restaurant	*PRANAYAMA & PANCHA KOSHA MEDITATION
WEDNESDAY	*NATURE YOGA	#SIMPLE HATHA YOGA At Samsara Restaurant	-	*YOGA NIDRA & RELAXATION TECHNIQUES
THURSDAY	*CORE STRENGTH YOGA	-	#SIMPLE FLOW YOGA At Samsara Restaurant	**THERAPEUTIC YOGA
FRIDAY	*** PRIVATE SESSIONS AVAILABLE AT SPA EVERY DAY			
SATURDAY	**HATHA-FLOW YOGA	#SIMPLE HATHA YOGA At Samsara Restaurant	-	*PRANAYAMA & CHAKRA MEDITATION
SUNDAY	**THERAPEUTIC YOGA		#SIMPLE FLOW YOGA At Samsara Restaurant	*YOGA NIDRA & RELAXATION TECHNIQUES

Prior booking is required for all sessions.

Indicates the complimentary session | * Indicates \$15 charge per person group class | **indicates \$30 charge per person group class
***indicates \$89 charge per person per session (PRIVATE SESSION) for group session require Minimum of 3 Guests

All prices quoted inclusive of service charge and local government taxes.

Kindly refer to the next page for details.



SPINAL CARE YOGA

According to various research, postural imperfections in the spinal code leads to various health conditions. So, it is utmost vital to make the spine strong and flexible. This session is specifically designed with the stretches that realign the spine and make it strong. Suitable for everyone.

NATURE YOGA

Going back to the rhythm of nature and animals will help you to relax and enjoy from the inner core. This session is carefully crafted by observing the nature and animals. Suitable for those who wants to experience new things in life.

HATHA-FLOW YOGA

Combining the stability of Hatha yoga and dynamism of flow yoga will give the experience of fullness. This session will help you to experience the benefits of Hatha & Flow yoga by improving your stamina and mobility. Suitable for those who have previous experience in yoga.

AQUA AEROBIC YOGA

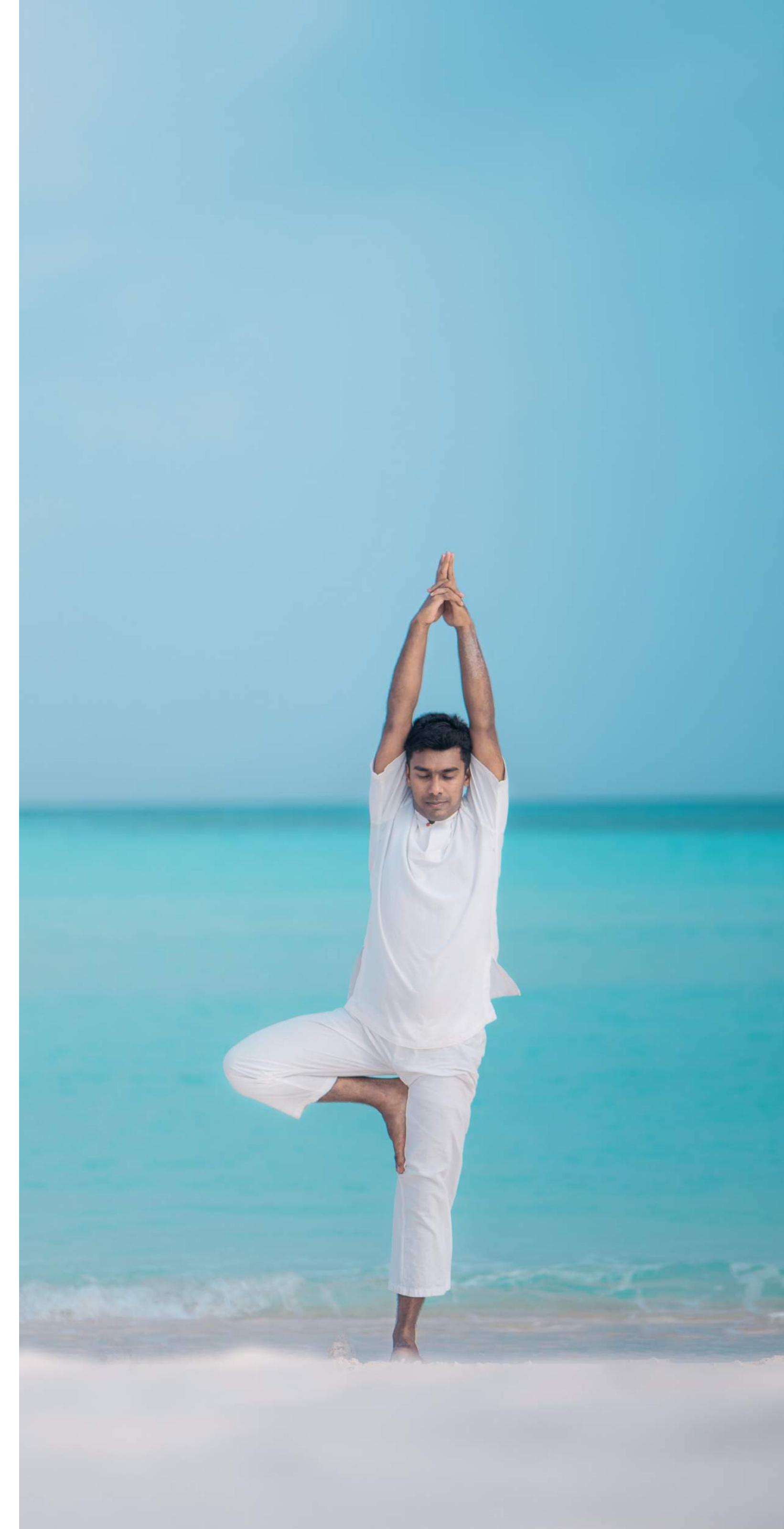
A form of yoga that works by performing the poses in the water to get a low-impact, full-body workout that helps to improve your strength, balance and range of motion

CORE STRENGTH YOGA

According to Ayurveda and Yoga, "Digestion & Breath" are the base of health. Therefore, it is essential to have strong core muscles and optimum lungs capacity. This session is carefully designed with the stretches & pranayama that help to make the core and lungs function in its fullest. Suitable for everyone.

Please wear loose and comfortable clothing Due to limited availability, kindly contact spa in advance to reserve your place. If there are no advanced reservations. Classes might be cancelled.

Private yoga instructor is available every day at an additional fee. Please contact spa for further details, booking for one on one consultation with Mr. Rijo our resident yoga instructor to discuss the benefits and needs of your private instructions



PRANAYAMA

“Prana” means energy and “Ayama” means regulation. The term pranayama indicates the exercise of energy in the body through the various breath patterns. In this session, you will learn a bunch of lungs expansion techniques along with powerful Pranayama that help you to stay energetic throughout the day. Suitable for everyone.

YOGA NIDRA & RELAXATION TECHNIQUES

Yoga nidra or deep psychic sleep, refers to the intermediate state between “wake-up” and “sleep”. It will help to bring the body and mind in relaxed mode between sleep and wakeup state. Suitable for everyone.

Relaxation techniques are the physical methods which help you to relax your body and mind more efficiently. In this session, you will learn instant, quick and deep therapeutic techniques. Suitable for everyone.

THERAPEUTIC YOGA

“Yoga for Immunity & Cure” is an achievable goal once you are aware of its therapeutic principles. This session will introduce the core yogic philosophies behind the health and followed by the gentle therapeutic stretches, pranayama and relaxation techniques. Suitable for all who wish to have healthy life.

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PANCHAKOSHA MEDITATION

“Pancha” means five and “Kosha” means cover., the term refers to the five layers of existence of a human being. Meditating upon these five layers will help you to calm down the mind from its fluctuating thought patterns. Regular practice of this meditation will help you to handling the stress, tensions and anxiety. Suitable for everyone.

CHAKRA MEDITATION

The term chakra refers to the energy centers in the body. According to Yoga, seven energy centers located on spinal core, which are very important balance the body and mind. Regular practice of meditation upon these chakras will help you to improve your will power, intellect, memory and awareness. Suitable for those who has practice meditation.

