



RESIDENT YOGA MASTER

RINA BHARATI

Discover and nurture your own inherent balance with Rina, our resident yoga master, as she guides you through the journey of self-discovery with the fluid dance of yoga, which brings a symphony of strength and flexibility. Being an Ayurvedic therapist and a sound healer complements her work while harmonising the body's rhythms, weaving a tapestry of well-being, and offering a melody of wellness through ancient Ayurvedic wisdom.



YOGIC PRACTICES

AERIAL YOGA

45 minutes – USD 120 per person

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

PRIVATE YOGA

60 minutes – USD 85 per person

A specially curated programme for every age to find solace on the mat in an inclusive space of yoga class. From the playful stretches of youth to the graceful poses of wisdom, we celebrate the diversity of bodies and spirits, weaving a tapestry of strength, flexibility, and collective serenity. Choices of various styles are available, such as Hatha, Ashtanga or Vinyasa with a personalised twist to meet every need.

LAGHOO SHANKHA PRAKSHALAN - YOGIC INTESTINAL CLEANSE

60 minutes – USD 120 per person

Laghoo Shankha Prakshalan is a detoxifying yogic practice involving a series of specific movements and drinking saline water to cleanse the digestive tract. It's a short version of Shankha Prakshalana, a purification technique in Hatha Yoga. This practice is believed to remove toxins and promote digestive health.

SOUND HEALING

60 minutes – USD 95 per person

Sound therapy with Tibetan singing bowls is an ancient form of regeneration. The vibration, frequency, and energy from Tibetan singing bowls promote inner harmony and deep relaxation of both sides of the brain. It stimulates stress relief at all levels and the elimination of toxins from the body, motivating you to be at your best.

PRANAYAMA – ART OF BREATHING

45 minutes – USD 70 per person

In Sanskrit, "Prana" means life energy, and "Yama" means control. Pranayama is the ancient practice of controlling your breath. This practice involves breathing exercises and patterns to strengthen the connection between your body and mind while promoting relaxation and mindfulness. It's also proven to support multiple aspects of physical health, including blood pressure, lung function, and brain function.

FACE YOGA

30 minutes – USD 120 per person

With a series of more than 70 poses, Face Yoga is effective in smoothing fine lines and wrinkles, preventing the skin from sagging, and helping to sharpen face contours. It relieves the tension in the face muscles and results in a face lift, tightening, and smoothness.