



## ANANTARA WELLNESS JOURNEYS

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# DISCIPLINES OF THE EAST

Join Phoph Dechabenjarat better known as Master Kendo for private sessions on Ashtanga Yoga, Calisthenics and H.I.T.T. He is also an experienced trainer in weight training, TRX and Muay Thai. Fulfil your personal fitness goals with in-depth instructions. Complimentary Yin Yoga and Kungfu sessions are available too.

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4 - 28 October 2023 | Anantara Spa



# PRIVATE CLASS SESSION

## ASHTANGA YOGA \*

60-minute | RM350+ per person / RM450+ per couple

Ashtanga is comprised of two Sanskrit words, “Ashta” and “Anga.” “Ashta” refers to the number eight, while “Anga” means limb or body part. Therefore, Ashtanga is the union of the eight limbs of yoga, into one complete, holistic system. These eight-limbs of yoga represent the various branches of the philosophy of the yoga sutras that form the foundation in the Ashtanga Yoga School. The Ashtanga philosophy is to integrate all of the eight limbs of yoga, which include: Yama (moral codes), Niyama (self-discipline), Asana (posture), Pranayama (breath control), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (oneness with the self).

## WEIGHT TRAINING \*

60-minute | RM350+ per person / RM450+ per couple

Weight training is a form of physical training, which uses weighted objects, like dumbbells and barbells, or weight machines, like plate-loaded kit, to primarily build muscle or improve strength. It can also help to boost power, muscular endurance, and improve overall health.

## CALISTHENICS \*

60-minute | RM350+ per person / RM450+ per couple

Calisthenics is a form of strength training consisting of a variety of movements that exercise large muscle groups (gross motor movements), such as standing, grasping, pushing, etc.

## BOOTCAMP \*

60-minute | RM350+ per person / RM450+ per couple

Boot Camp combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training and balance work.

## H.I.T.T \*

60-minute | RM350+ per person / RM450+ per couple

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

## TRX \*

60-minute | RM350+ per person / RM450+ per couple

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

## COMPLIMENTARY CLASS

YIN YOGA	7.00am Thursday , 60-minute at Banquet Garden
KUNGFU	6.00pm Saturday, 45-minute at Beach

*Venue is subject to change based on weather dependant | Advance reservations are highly recommended due to limited capacity*

*\*Private Class Session and Tactical Self Defense are available for Residence & Villa guests.  
For bookings or enquiries, dial ext '5880' or email to [spa.ades@anantara.com](mailto:spa.ades@anantara.com).  
There will be a surcharge of 100% for In-Villa or Residences Treatment. | Prices are subject to 6% tax.*

# TACTICAL SELF DEFENSE

## MUAY THAI AND TRADITIONAL THAI WEAPONS \*

60-minute | RM350+ per person / RM450+ per couple

Is a combat sport that uses stand-up striking along with various clinching techniques. This discipline is known as the "Art of eight limbs", benefit as a Calorie Burner, Self-defense, Endorphin Rush and Strengthens The Body.

## TAI CHI AND KUNGFU \*

60-minute | RM350+ per person / RM450+ per couple

Kung Fu is the hard/fast training style (yang), while Tai Chi focuses on soft/flowing movement (yin). This martial art combination originated in the famous Shaolin Temple in Northern China many centuries ago.

# TREATMENT

## ENERGY AND SOUND HEALING

60-min / RM600+ | 90-min / RM700+

Sound therapy is an ancient therapeutic technique that uses tonal frequencies to balance and harmonise the body's vibrations. Sound vibrations can improve your health and well-being. Let's learn more about this alternative therapy.

## TRADITIONAL THAI MASSAGE

60-min / RM700+ | 90-min / RM800+

With an increased range of motions, Thai massage combines compression, acupressure, and passive stretching to relax your joints and muscles. This can also improve your posture.

## TOK SEN THERAPY

60-min / RM600+ | 90-min / RM700+ | 120-min / RM800+

Tok Sen intervention has benefits on relieving pain and also reduce the trapezius muscle thickness among people with shoulder pain caused by office syndrome.

## SERENITY PACKAGE WITH MASTER KENDO

1-day / RM850+ per person |

Choice of your own Private Class 60-minute +  
Tok Sen Therapy 90-minute

2-day / RM1,300+ per person |

Day-1, Choice of your own Private Class 60-minute +  
Tok Sen Therapy 90-minute  
Day-2, Energy and Sound Healing 90-minute

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