



balance

WELLNESS BY ANANTARA

## RESIDENT AYURVEDIC SPECIALIST SHARATH RAM

DISCOVER A 360° APPROACH TO WELLBEING INCORPORATING  
AYURVEDA, YOGA, MEDITATION AND BREATHING.

Anantara Kihavah Maldives Villas offers fully immersive wellness retreats tailored to your needs and lifestyle. Heading the Ayurveda team is Kerala native Sharath Ram, an all-round practitioner with over a decade's experience across South Asia and the Middle East.



Sharath began his career in hospitality in 2007. Sharath's personal journey into healing and wellness began at an early age, with knowledge imparted by his father. He has spent many years travelling and acquiring wisdom, and holds a diploma from the International Spa Therapy and Ayurveda Academy in Bangalore.

Adapting each ayurvedic treatment according to your doshas, Sharath is a big believer in the power of medicated oils to relax and re-energise. His signature Abhyanga massage releases daily toxins and restores the flow of vital energy, or prana, while a deeply relaxing Shirodhara treatment with a warm flow of aromatic oil above the third eye restores psychosomatic balance.

Ayurvedic retreats at Anantara Kihavah are multi-faceted, with healthy cuisine suited to your doshas on offer, and daily yoga and meditation encouraged. Sharath leads these sessions: he has studied yoga in its many forms under Swami Sivananda – one of the 20th century's greatest yoga masters – at the Bihar School of Yoga. In addition, he has mastered the arts of Vipassana, Buddhist and Twin Heart meditation. Recognising the importance of breathing techniques to both yoga and mindfulness, he has also mastered the arts of Pranayama and Sudarshan Kriya breathing, and imparts his knowledge to guests with his uniquely calm and intuitive approach.

For more information or to book your private complimentary consultation, please contact your Villa Host or contact Anantara Spa ext. 355.