

# WELLNESS & MEDITATION

\*\*\*\*\* CENTRE \*\*\*\*\*



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## GROUP CLASSES

AED 190 per person

Sunrise yoga

Sunset meditation

## PRIVATE YOGA CLASSES

AED 350 per session

Hatha yoga

Ashtanga yoga

Vinyasa yoga

Power yoga

Therapeutic yoga

Hot yoga

Desert yoga

Prenatal yoga

## PRIVATE MEDITATION CLASSES

AED 350 per session

Meditation for inner silence

Pranayama meditation

Yoga nidra

Singing bowl meditation



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## SUNRISE YOGA

GROUP CLASS

Simple mantras and stretches originated from hatha yoga to open your body and mind.  
Start every day with infinite possibilities and ripple positive intention outward.





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## SUNSET MEDITATION

### GROUP CLASS

A meditative journey from sound to the silence, to unwind body and mind through breathing techniques, invite reflection on each days moment of meaning.





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## HATHA YOGA

A slow and steady exploration of classic asanas (postures) and pranayama (breathing technique); perfect for beginners or those seeking a gentle practise . Emphasis is placed on awareness, preparing body and mind for a deeper and study of yoga and meditation.





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## ASHTANGA YOGA

Fast, fluid and physically challenging, ashtanga is geared towards experienced students or those seeking a more vigorous practice. Our yogi will guide you through a series of asanas, synchronising breathing and body movement as you flow from pose to pose.





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## VINYASA YOGA

Aimed towards experienced practitioners, this class combines two advanced yogic practices. Ashtanga vinyasa resembles a dance due to the smooth way the poses run together.





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## POWER YOGA

An intense yoga workout recommended only for advanced practitioners who seek fast, deeper rhythms to strengthen core muscles in the body.





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## THERAPEUTIC YOGA

Therapeutic yoga is the application of yoga postures and practice to the treatment of health conditions and involves instruction in yogic practices to prevent reduce or alleviate structural, physiological, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction.





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## HOT YOGA

Taking place in our tranquil moroccan hammam steam room. Hot yoga has been proven to improve practitioners flexibility and bone density while reducing stress, blood glucose levels and calories.  
This private experience may be booked to your convenience and is led by our resident yogi.





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## DESERT YOGA

Find your balance in the desert with custom made yoga sessions.  
This private experience may be booked to your convenience and is led by our resident yogi.





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## PRENATAL YOGA

In preparation for childbirth, prenatal yoga is a great way for women to reclaim their physical, mental and emotional power, and receptivity during the birth process by practicing gentle asanas (postures).





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## MEDITATION FOR INNER SILENCE

The practice of finding the stillness that exists between our thoughts –the pure expanded awareness beyond our mental chatter. Suitable for all ages, numerous benefits include a greater sense of self, improved concentration and decreased blood pressure.





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## PRANAYAMA MEDITATION

A series of guided, controlled breathing techniques that improve and balance the flow of prana (vital life force). Uniting body and mind, it teaches an awareness of breath patterns and their control for increased energy, improves immunity and mental clarity.





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## YOGA NIDRA

Meaning 'yogic sleep', Nidra is a deep state of conscious relaxation, practiced in savasana (corpse pose) – suitable for everyone and great for reducing stress. Guided via verbal instructions, you will be encouraged to turn your senses and awareness inwards.





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## SINGING BOWL MEDITATION

Singing bowls, or sound baths, in which one is immersed in the sound of bowls, provides relaxation and have been shown to reduce anxiety, stress, and depression. The sounds of a singing bowl offer respite from the everyday churning of the mind, and so does meditation and yoga. Sound is at the very core of our being and can be an effective instrument in healing and calming the mind. Explore the benefits of using singing bowls in our meditation practice.