



Transform yourself before  
transforming your world.

## Weekly Yoga Schedule

Rise and Shine Yoga	Tuesday-Sunday, 8am	Duration 30 minutes
Gentle Yoga	Tuesday and Saturday, 4pm	Duration 60 minutes
Pranayama	Wednesday, 4pm	Duration 60 minutes
Yoga for Beginners	Thursday and Sunday, 4pm	Duration 30 minutes

The above classes are complimentary and will be held at the yoga pavilion, Talise Spa.

### Customised private sessions are also available

Individual yoga session	\$75 per hour
Couples yoga session	\$120 per hour per couple
Group yoga session	\$45 per hour per person (based on a group of 3 persons and more)

### About Yoga Master

Hailing from India, Sreejith Balakrishnan started practicing yoga as taught by his grandfather at the tender age of 5. Having lived and worked in several ashrams across India, Sreejith's passion for yoga grew over the years, learning from some of the country's most renowned teachers.

Formally trained with years of experience working in international resorts, Sreejith is also an alternative therapist in holistic medicines and Ayurveda.

To reserve your space or for more information, please contact the spa on extension 8710.  
All prices mentioned are subject to 10% service charge and 6% Government tax.

# Signature Yoga Therapies

## Yoga Asana

Beginners 60 min / \$75    Advanced 90 min / \$100

The combination of different postures to allow your body more comfort and flexibility, the session helps tone muscles and release toxins from within the muscle fiber, leaving you feeling lighter and adapt sitting postures necessary for further posture correction.

## Pranayama with Mudhras and Bandhas 60 min / \$75

Pranayama enhances the pranic energy in your body, removes energy blocks from the Nadis (energy channels) and balances the prana. In Yoga we believe energy blockages and imbalance are the root cause of physical diseases.

## Dharana, Dhyana, Samadi (Meditation) 50 min / \$70

A systemic way of enhancing peace of mind and connecting you to your true divine nature. The meditation techniques employed are based on your heart and head space, helping to control and balance emotional stress and your thought process. Clarity of mind is the base result of this practice.

## Samathva (Balance)

90 min / \$100

A combination of Asana for physical health, Pranayama for enhanced energy, and Meditation for peace of mind. This session ends with relaxation practice.

## Yoga Nidra

Beginners 20 min / \$40    Advanced 50 min / \$70

A complete body and mind relaxation technique, drawing your awareness to every part of your body and helping you to experience a state of mind between being awake and asleep. This is an opportunity for you to reprogram your subconscious mind with positive thoughts.

## Suryamaskaram

90 min / \$100

An ancient tantric yoga practice, this combines 12 postures which involve almost all the muscles of the body. It not only works on your muscular system, but also your endocrine system by balancing the energy of the seven chakras. This practice of yoga helps with the flexibility of your joints and improves blood circulation.

## Shatkarma (Purification Practice)

**Kunjal Kriya** to purify your digestive track including the abdominal cavities

40 min / \$ 60

**Lagooshankha Prakshalan** to purify your digestive system, large and small intestines

90 min / \$100

**Jalaneti** to purify nasal passages including the sinus cavities. Improves blood circulation in your face and releases psychosomatic toxins.

40 min / \$ 60

## Dynamic Yoga

60 min / \$75

Movements of the body which release dynamic energy in your system. It activates your sympathetic nervous system, and prepares you for an energetic day.

## Gentle Yoga

60 min / \$75

With gentle stretches, relax your body and soothe your central nervous system. This form of yoga relaxes you at the end of a tiring and stressful day.

## Yoga for Jet Lag

60 min / \$75

Helps to balance your biological clock (bio rhythm). Starting with Jalaneti it is followed by gentle stretches and nadishodhan pranayama; which balance your sympathetic and parasympathetic nervous system. Our session ends with a relaxation practice (yoga nidra).