



Wellness & Body Works



YOGA & MEDITATION WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00 AM - 8.30 AM at Yoga Pavilion (complimentary)	Morning Yoga	Pranayama & Meditation	Rise & Shine Yoga	Morning Yoga	Pranayama & Meditation	Rise & Shine Yoga	
6.30 PM - 7.30 PM at Yoga Pavilion (chargeable group session)	Sunset Hatha Yoga*	Stress Release Yoga*	Sunset Power Yoga*	Sunset Hatha Yoga*	Stress Release Yoga*	Sunset Power Yoga*	

All activities marked with * are chargeable.

Group session will be chargeable at US\$ 35++ per person. Minimum 3 participants and maximum 6 participants. Please contact your Butler to book your sessions.



FIND YOUR ZEN WITH MAULIM

Certified yoga instructor and personal trainer Maulim Mitra from Pondicherry, India, empowers others by sharing her knowledge and experience. In her 13 years as a fitness professional, she has worked with enthusiasts from around the globe, helping them create a healthy lifestyle through sustainable tailored fitness and nutrition solutions.

Besides yoga and meditation, Maulim also offers spiritual counselling, fitness through dance & music, resistance training, strength & conditioning, and mobility & posture enhancement. She is powered by her underlying philosophy, "Your body will rust if you don't move, and discipline can settle all imbalances."



Wellness & Body Works



Please meet Maulim our resident Yoga & Fitness instructor to plan the most suitable private session for you. You can select from the below sessions.

Hatha Yoga with Om Chanting

60 minutes | Single US\$100++ | Couple US\$150++ | at Guest Villa or Yoga Pavilion

Calm the mind and strengthen the body with this gentle asana sequence. Each posture helps create a solid foundation rooted in good alignment, body awareness, breathwork and heart health.

Aqua Fitness

45 minutes | Single US\$100++ | Couple US\$150++ | at Guest Villa

Take the plunge and challenge your whole body to this endurance and toning class cushioned by the buoyancy of the water. Work against the resistance of the water to burn calories as you get an aerobic and strength workout.

Vinyasa flow with Om Chanting

60 minutes | Single US\$100++ | Couple US\$150++ | at Guest Villa or Yoga Pavilion

As you move slowly and deliberately from one pose to the next, your targets are strength and flexibility. The transitions in the asanas, aligned with breathing, aid cardiovascular health.

Immune Boosting Yoga

60 minutes | Single US\$100++ | Couple US\$150++ | at Guest Villa or Yoga Pavilion

This slow, rhythmic yoga relaxes the body and mind. It also reduces stress, gets rid of negative energy, and enhances overall well-being for a more robust immune system.

Integrated Yoga with Meditation

60 minutes | Single US\$100++ | Couple US\$150++ | at Guest Villa or Yoga Pavilion

This integrated approach helps in effecting a lifestyle change. It combines different yoga styles, regulated breathing (pranayama), cleansing techniques (kriya), and meditation to unite mind, body, and spirit.

Personl Fitness Training

60 minutes | Single US\$100++ | Couple US\$150++ | at Gym

A bespoke private session to enhance your lifestyle and maximise results. Tailormade to your fitness concerns and goals.

Teens Yoga

30 minutes | Single US\$35++ | Double US\$60++ | at Guest Villa or Yoga Pavilion

Designed for teens of all ages, this session teaches mindfulness and helps enhance brain power, reduces stress and enables them to focus better.