Merana

YOUR PATH TO WELLNESS

WE KARE · SELF KARE · LET'S KARE · AFTER KARE · VAKKARE

WEEKLY SCHEDULE

Day / Time	8.00 AM	11.00 AM	11.30 AM	5.00 PM	6.00 PM
Monday	Yoga with Meditation	Ayurveda - Hair Care Workshop	Sound Healing Session US$55++/person	-	-
Tuesday	Hatha Yoga	Ayurveda - Know Your Body Type	-	-	-
Wednesday	Rhythmic Yoga	Ayurveda - Wellness Talk	-	Sound Healing Session US$55++/person	-
Thursday	Stretch & Release	-	Sound Healing Session US$55++/person	-	-
Friday	-	Ayurveda - Herbal Tea Tasting	-	-	*Full Moon Meditation 24 November	7.30pm US$55 ++/person*
Saturday	Hatha Yoga	Ayurveda - Body Wisdom Workshop	-	-	-
Sunday	Yoga with Pranayama	Ayurveda - Foot Care Workshop	-	Sound Healing Session US$55++/person	-

Advance reservations are required for all classes due to limited space

Minimum of 03 persons is required for paid group sessions

Private Yoga and Meditation session : Single: US$100++ / Couple: US$150++, conducted by the resident wellness practitioner



STAY FIT & REJUVENATED
with Amit Bhatt

Revitalize your fitness journey with private classes led by our resident fitness and wellness instructor, Amit Bhatt.
Dive into a holistic experience that spans from calming meditation sessions to invigorating fitness exercises. Whether you seek tranquility or intensity, each class is tailored to meet your unique needs, steering you toward optimal fitness and health.



HOLISTIC

Reiki

60-minutes Private Reiki Healing session: US$120++/person

Indulge in the profound relaxation and healing of our Reiki session using gentle hand movements to guide the flow of life force energy through your body. This ancient energy healing technique is designed to reduce stress and harmonize your body's energy centers, fostering a sense of balance and promote overall well-being.

Mindful Meditation

Join this restorative session expertly crafted to guide you through controlled breathing, and relaxation techniques. Immerse yourself in this mind-body practice known to alleviate stress and cultivate a peaceful mind.

Breathwork

Engage in the practice of conscious breathing - an exquisite technique known to reduce stress and anchor us firmly in the present moment. Led by experienced guide, these sessions offer a space to cultivate relaxation and a deep connection between breath and consciousness.

Yoga Sessions

Join Amit Bhatt as he takes you on a one on one yoga journey to awaken your senses and rebalance your body, mind and soul.

Private Yoga Packages

3 days Single: US$255++
5 days Single: US$425++
7 days Single: US$595++

The duration of each session is 60 minutes.

FITNESS & BODYWORK

Pilates

This dynamic and invigorating program is designed to enhance strength, flexibility, and overall well- being through the principles of Pilates. Our experienced instructor brings a wealth of expertise to guide participants of all fitness levels through a series of controlled movements and exercises that focus on core strength, balance, and body awareness.

HIIT

One of the most popular fitness classes worldwide, this high-intensity interval training incorporates heart-rate-raising moves through short bursts of intense exercise alternated with low-intensity recovery periods. Due to the intensity of the workout, HIIT can elevate your metabolism even for hours after exercise. This method enhances muscle tone, supports fat burning, and builds strength, endurance, and cardiovascular fitness, delivering effective results in less time.

Functional Training

Experience a new level of fitness with our Functional Training that focuses on teaching your body to function as a whole. Through targeted exercises, you'll strengthen your entire body, unlocking a myriad of benefits for optimal health and vitality.

Strength/ Stability Training

Elevate your fitness journey with a dynamic approach of Strength Training designed to enhance your muscles' strength, size, power, and endurance. Engage in resistance training to sculpt a resilient and powerful physique, as well as a Stability Training to improve coordination and overall strength.

Bodyweight Training

Embrace the power of your own body as the ultimate workout tool with our Bodyweight Training program. This dynamic approach challenges and strengthens your muscles without additional equipment. Whether you're a beginner or a seasoned fitness enthusiast, you can improve strength, endurance, and flexibility, all while promoting functional fitness.



The above classes are 60 minutes per session and chargeable as follow:

Single : US$120++
Couple : US$200++

Personal Training Packages

3 Days : Single - US$315++ **Couple - US$550++**

5 Days : Single - US$510++ **Couple - US$910++**

7 Days : Single - US$715++ **Couple - US$1,275++**



ELEVATE YOUR INNER WELLBEING

Crystal Bowl Healing Sound Meditation

Immerse yourself in the exquisite practice of sound healing with the resonating melodies of crystal singing bowls and Tibetan bowls, a nurturing experience for body and mind. The harmonic vibrations of these healing instruments gently penetrate skin, fluid, and bones, resonating through every cell, and creating a profound sense of well-being down to the cellular level.

60-minute sound healing session
Single: US$180++ Couple: US$300++

90-minute session including 60 minutes of yoga and 30 minutes of sound healing meditation
Single: US$215++ Couple: US$400++

Full Moon/New Moon Yoga & Singing Bowl Meditation Group session

60-minutes session at US$55++/person

Open your mind and body to a holistic yogic ritual that aligns your energy with the lunar phase. This special monthly session will lead you on a healing journey unlike any other, welcoming you to become one with the energy around you. Take a peaceful pause at the end of the day with this late evening session, and wake up with a rejuvenated spirit the next day.

**This is a monthly group event, schedule is subject to the lunar phase in the respective month.*

Subject to weather conditions. Date and venue to be advised closer to the event.

Please contact your Butler or Merana Spa for further information or to make a reservation.