

# Holistic Spa Menu

## YIN YOGA

60 mins  
\$115

Yin yoga practice is based on an ancient Chinese philosophy and Taoist principles of Qi. It's a slower pace and adopts a more meditative style of movement, allowing space to create a physical sensation in your body as well as turn inwards and tune into our mind. Yin yoga helps our deep connective tissues, like the fascia, ligaments, joints and bones allowing physical development. Yin poses increase flexibility, boosts circulation and also helps you to stretch and lengthen those rarely used tissues. Teaching you how to breathe through discomfort and simply sit with your thoughts, Yin yoga restores the healthy flow of Qi in our body.

## VINYASA

60 mins  
\$115

If you find your mind wandering off in between poses, vinyasa yoga is for you. Vinyasa is all about maintaining a gentle flow of movement from asana to asana, linking each pose to individual breath patterns.. The continuous sequence of vinyasa is great for raising the heart rate, leaving you feeling both relaxed and energised.

## ASTANGA PRIMARY SERIES

60 minutes  
\$115

If you prefer more vigorous styles of yogic practice, ashtanga is just the right style for you. The sequence of ashtanga postures are done in a continuous fast-paced way. The dynamic flow of the asanas may give you sense of rich bodily intensity as it focuses on a predefined sequence of poses that are connected through breath and movement. Practicing ashtanga can rejuvenate and tone your body, increase flexibility, help control your inner thoughts and improve stamina and endurance by engaging your core muscles.

\* All prices are in US dollars and include all taxes and service charges

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## REIKI

60 mins/90 mins/120 mins  
\$200/\$250/\$350

Reiki is an energy healing treatment that works holistically; on the whole body, mind and spirit. Reiki is a simple, relaxing treatment where natural healing vibrations are transmitted through the hands of the Reiki practitioner (acting as a conduit) to the body of the recipient. Reiki is a Japanese technique for stress reduction, promoting healing, inducing relaxation, releasing emotional blockages, accelerating natural healing and balancing subtle body energies.

## TIBETAN SINGING BOWL

60 minutes / 90 minutes / 30 minutes add-on  
\$100 / \$150 / \$200

Sound therapy with Tibetan singing bowls is an ancient form of regeneration. The sound of Tibetan singing bowls affects all three human levels: physical, mental and spiritual, allowing deep relaxation of both sides of the brain. It stimulates stress relief on all levels and encourages the elimination of toxins from the body, calming your emotions.

## CRYSTAL SINGING BOWL

60 minutes / 90 minutes / 30 minutes add-on  
\$100 / \$150 / \$200

Immerse your senses in the soothing crystal singing bowl sound to enhance your mood and calm your soul. This ritual treatment helps you meditate by creating more awareness in your mind and helping you drift into a deep sleep.