



# Wellness in Milaidhoo

Additional to the private sessions mentioned below, Milaidhoo offers complimentary wellness experiences at 08.00 between Tuesday to Sunday. Please speak to your island host for more details.

# Yoga

**60 min**

\$85++ per person

\$150++ per couple



*The ancient practice that builds strength and awareness which focuses on bringing harmony between body, mind and soul.*

## **Couples Yoga - Beginners**

It is a practice to support each other in poses in a way that enhances posture and builds trust and communication. Couples' yoga will give you access to assisted poses that you wouldn't normally do on your own.

## **Hatta Yoga - Beginners**

It is the branch of yoga primarily concerned with mastery of the body. In this individualized session you will receive attention with dialogue and adjustments specifically tailored for your needs.

Prices are in US dollars and do not include 10% service charge and 17% government taxes.

## **Vinyasa Yoga - Advanced**

Vinyasa is a breath-initiated practice, that connects every action of our life with the intention of moving towards what is sacred, or most important to us. The breath is given primacy, acting as an anchor as you move from one pose directly to the next.

## **Power Yoga - Beginners**

Building strength, flexibility and endurance in the body through fast – paced yoga postures an excellent form of yoga for burning calories and strengthen cardiovascular health.

## **Asthanga Yoga - Moderate**

The union of the eight limbs of yoga. This is the practice of classical yoga postures, and it is device that ties the mind to the body through the 'thread of the breath'. In this system, the breath becomes the key to the focusing of the mind.

## **Pregnancy Yoga - Moderate**

Much like other types of childbirth-preparation classes, prenatal yoga is a multifaceted approach to exercise that encourages stretching, mental centering and focused breathing.

# Meditation

**45 min**

\$75++ per person

\$130++ per couple



*Escape to sense of calm, inner peace and balance that promote deep state of relaxation and tranquil mind.*

## **Pranayama**

A stressful lifestyle has a profound effect on our breathing. In Pranayama the attention is on the breath, various techniques of Pranayama rectify the faulty patterns of breathing. It removes the blockages from the subtle energy channels and promotes relaxation.

## **Chakra Cleansing**

Chakras are the subtle energy centers present in the psychic body. Through guided awareness and psychic mantras it helps to remove any blockage from the energetic channels of the body brings about a deep transformation or wholeness in personality.

Prices are in US dollars and do not include 10% service charge and 17% government taxes.

## Ajapa Japa

Japa means repeating a mantra and ajapa - japa means constant repetition of the mantra. By uniting the breath and sound vibration of a mantra this practice promotes the union of body, breath and mind.

## Antar Mouna

Meditation technique used to cultivate inner silence, it is a most powerful technique to learn about yourself, develop mindfulness, self-awareness and witness consciousness.

## Singing Bowl Sound Healing

Sound therapy with Tibetan singing bowls is an ancient form of regeneration. Singing bowl which are type of bell that vibrates and produces a rich, deep tone when played. The sound stimulates stress relief on all levels, ease depression and insomnia.

## Trataka

Steady gazing on the candle flame this is a meditation technique that uses the sense of sight to still the mind. Helps to improve memory, develop concentration and willpower.

## Yoga Nidra

A technique of deep yogic relaxation. Yoga Nidra means 'Psychic sleep, it is a guided process of relaxation to quieten the agitations of the conscious mind and awaken the awareness and immense healing potential of the subconscious.

## Reiki Healing

Be empowered with Reiki healing. Using gentle hands-on healing technique and the universal life force energy to break up energy blockages with the body, allowing healing energy to flow again freely and stimulating the body's natural ability to heal itself, reduce stress and anxiety.



Milaidhoo

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