



IN-VILLA WELLNESS

To offer you a very well balanced IN-VILLA stay, we have a team of holistic health & movement professionals who will guide you towards understanding, valuing & achieving your next level of energy, vitality & resilience, using methods attuned to the uniqueness of you. We invite you to experience one, or many of the following activities.

YOGA

In-villa yoga offers a personalised and convenient wellness experience, where professional yoga instructors bring their expertise to the comfort of your villa. It allows you to practice in a serene, private setting, with tailored guidance that suits your specific needs and fitness levels.

Choose from :

HATTA YOGA - 60 min / 1-2 pax

Additional participants

In a Hattā yoga class the postures (asanas) practiced will vary according to the needs and ability of the student. Whether that be on a general level such as to improve flexibility, or for relaxation and de-stressing, or for more specific needs such as for example yoga for surfing, golfing or diving. As well as to improve flexibility, a Hattā class will develop strength, stamina and concentration. This in turn brings peace and calmness to the mind on a more subtle level. A Hattā class is suitable for all levels of ability, as an introduction to the fundamentals of yoga or to deepen one's knowledge of asana for those already experienced. Hattā yoga derives from the scriptures of the Hattā Yoga Pradipika and is the basis of the following, more specific yoga styles.

ASHTANGA YOGA - 60 min / 1-2 pax

Additional participants

Ashtanga yoga, is a system of yoga which uses the rhythm of the breath to move through a sequence of postures, integrating strength, flexibility, stamina and focus into a complete mind and body practice. In this class you will be taught the Primary or 1st Series of postures which are designed to purify and align the body. This combination of breath and movement is called 'Vinyasa', and linking the asanas (yoga poses) together like pearls on a string, guides the practitioner through the sequence, starting with Sun Salutations to warm the body, then standing, balancing and seated poses, finishing with inversions and relaxation. Our trainers offer a modified Ashtanga version.

VINYASA FLOW - 60 min / 1-2 pax

Additional participants

In Vinyasa Flow, Hatha yoga postures are connected through breath, movement and music adding to a more dynamic class. Vinyasa Flow is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit "to place in a special way," Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. The continuous movement (flow) of Vinyasa reflects the impermanence of all forms and the necessity of accepting change to achieve balance and completeness.

YIN YOGA - 60 min / 1-2 pax

Additional participants

Yin yoga is a slower-paced, more meditative version of yoga. In Yin yoga, the poses are held for a long period of time - typically three to five minutes or longer - to target the connective tissues (such as the ligaments) rather than focusing on the muscles. As a result, the asanas (yoga poses) are more passive holds, with little muscular engagement. The poses are held with the muscles fully relaxed allowing time and gravity to deepen the stretch and target the fascia.

KUNDALINI YOGA - 60 min / 1-2 pax

Additional participants

'Kundalini' is derived from a Sanskrit word meaning 'coiled snake', and refers to the latent energy found at the base of the spine, coiled up and tense in your body. Through regular, guided practice of Kundalini yoga, students prepare their bodies and allow their kundalini energy to rise from their spine up to their heads. As the energy uncoils from the spine, it aligns the chakras in the body. Though Kundalini does involve moving through asanas much like Hatha or Vinyasa yoga, it is more a mindful and spiritual form of practice rather than a physical one.

YOGA GENERAL GUIDELINES

Please wear loose or comfortably fitting clothing.

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Do not practice on a full stomach. Please allow 4- hours after a heavy meal,
2-hours after a light meal.

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To avoid injury do not force the body beyond its capacity.

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Please inform the instructor of any illness or injury, menstruation or pregnancy
before commencing.



MEDITATION

JAPA MALA MEDITATION - 60 min / 1-2 pax

Additional participants

Japa Mala Meditation uses a 'mala' as the pillar of this meditation practice. Mala, a Sanskrit word, is the term used for a string of beads used to focus thoughts and intention during meditation or prayer. This practice consists of repeating a mantra such as Om So Ham (I Am, That I Am) and moving the beads through your fingers, to encourage your mind to gradually focus itself into the practice, and reduce any incessant thoughts that intrude on remaining present within any situation. Instead, the mind merges into the mantra and with time, you experience your true self.

MEDITATION GENERAL GUIDELINES

Take a seat

Find a place to sit that feels calm and quiet to you.

Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel - all are fine. Just make sure you are stable and in a position, you can stay in for a while.

Feel your breath

Follow the sensation of your breath as it goes in and as it goes out.

Notice when your mind has wandered

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered - in a few seconds, a minute, five minutes - simply return your attention to the breath.

Be kind to your wandering mind

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

SOUND HEALING

CHAKRA BALANCING SOUND HEALING - 75 min / 1-2 pax

Additional participants

Chakra psychology is the study of how the chakras, or metaphysical centres of energy in the body, influence the mind and human behaviour. There are seven major chakras located along the spinal column commencing from the Root chakra at the base of your spine, to the Crown chakra located just above your head. Each chakra is believed to affect an individual's mental, spiritual and physical well-being. A blocked chakra has a non-beneficial effect, while an activated chakra allows prana (life force energy) to circulate throughout the body.

This sound healing experience is an assisted healing practice that helps to balance and stimulate the energy flow throughout your body and chakras. Using specially crafted Tibetan resonance bowls, our Master facilitator evokes the extraordinary power of verbal mantras with sound resonance and breathing guidance, to stimulate the energy level inside each chakra. After this practice, participants have expressed a feeling of lightness, very relaxed and more in balance, with a heightened sense of calm and serenity.

This sound healing practice is offered as a private one-on-one experience or can be shared in a small group.



KUNDALINI YOGA & SOUND HEALING - 60 min / 1-2 pax

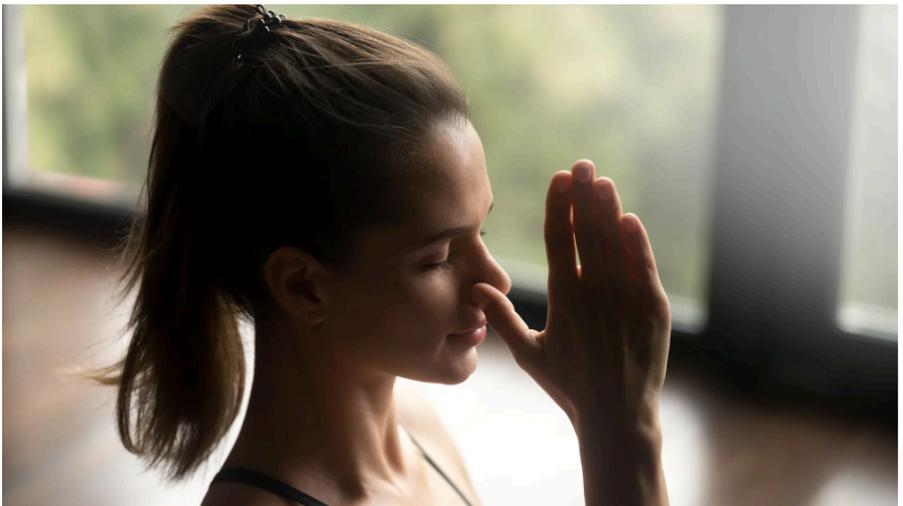
Additional participants

Kundalini yoga and sound healing is a technology of consciousness. It is a medium that helps to facilitate the unification of infinite forces, through asanas (yoga poses), breaths, concentration, mantras and affirmations, and helps to awaken the pure potential energy that sleeps within us. In this practice, Kundalini yoga is complimented with sound healing therapy which uses music (Tibetan bowls, rain sticks, wind chimes) as the main medium to provide calm, deep relaxation and an increase in energy vitality. The sound resonance helps to clear blocked energy and to provide emotional and mental balance.

BREATHWORK - 60 min / 1-2 pax

Additional participants

Breathwork is a transformative practice that elevates the humble act of breathing into a gateway for profound relaxation, mental clarity and renewed energy. By employing intentional, rhythmic techniques, it bridges the mind and body, offering a fast track to inner calm and heightened focus. When practiced regularly, breathwork enables you to be in better control of your own nervous system. It is effective at releasing 'dis-ease' within the body such as tension, anxiety, depression, grief, anger and insomnia, and equally nourishing for someone who is feeling well. Grounded in ancient traditions, yet backed by modern science, breath work empowers professionals to manage stress, boost creativity and enhance resilience - all within minutes !



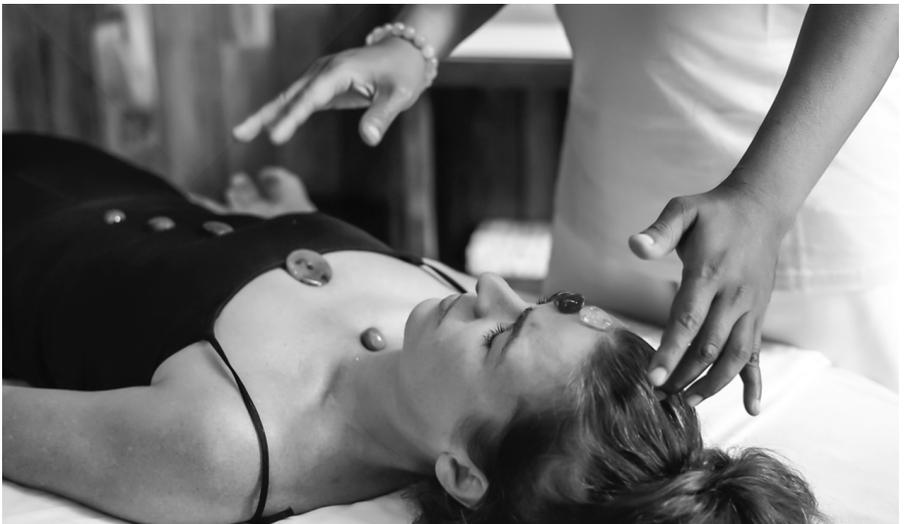
ENERGY HEALING

SUNIA ENERGY HEALING - 60 min / 1 pax

SUNIA ENERGY HEALING - 90 min / 1 pax

SUNIA energy healing is a beautiful and transformative quantum healing experience that offers a sense of calm, peace and rejuvenation to the participant. Our extremely gifted and experienced practitioner gently channels 'SUNIA' energy to release any imbalances that may be afflicting the participant's energy centres (chakras) and contributing to physical and mental challenges. During the healing process, the participant may feel warmth and can experience reactions such as gentle trembling, laughing or tears. These are common and normal reactions as the body responds physically to the energetic release. At the end of the session, the seven main chakras are balanced with SUNIA energy. As a result, the participant will feel calm, peaceful and rejuvenated.

This treatment is a private and highly personalised one-on-one session with our Master Healer. It is suitable for people who are experiencing anxiety, eczema, mental and physical challenges, emotional and nervous tension, as well as physical complaints such as shoulder and neck discomfort, among others.



MARTIAL ARTS

QIGONG - 60 min / 1-2 pax

Additional participants

Qigong is a Chinese form of self-healing that aims to 'stimulate' and 'balance' the flow of qi (vital energy) 'through the body's meridians ('energy pathways)'. Qigong practice is recorded in hieroglyphics 7,000 years ago, and in Chinese books 3,000 years ago. It involves contemplation, visualisation (imagery), assumption of postures, and styled breathing and body movements. Our ancestors practiced Qigong to keep themselves in harmony with the universe, in good physical health and in a state of peacefulness.

QIGONG GUIDELINES

The entire practice requires you to be able to move smoothly and freely without any obstructions. Avoid eating meals thirty to sixty minutes before practice. At the same time, do not practice when hungry. Your body should be comfortable and relaxed. Please wear loose-fitting, light and comfortable clothing ideally made from a cotton fabric. It is better to remove dangling jewellery since they create distractions for you and others during the Qigong session. You can choose to either practice barefoot or in flat-soled shoes.



ENGLISH BOXING - 60 min / 1-2 pax
Maximum 2 participants per instructor

Boxing class is a heart pumping, fist punching, ab tightening, adrenaline rushing, metabolism boosting, fat burning, fun and disciplined workout that can have you burning 800+ calories. Each class is carefully tailored to your ability and level of fitness. We begin with 10 minutes of warm up stretching with slow moving jabs, hooks, crosses and upper cuts designed to inform beginners of the basic moves. Next is the ideal stress-busting workout (30-40 min) of blocking, punching and ducking combinations based on HIIT principles, followed with deep, soothing stretching that leaves you feeling refreshed, strong and energised.

BOXING GUIDELINES

Please wear comfortable, loose fitting and light weight sports attire. Clothing that does not restrict your leg movement is ideal. Sports footwear is mandatory for boxing classes. Do not practice on a full stomach. To avoid injury do not force the body beyond its capacity. Please inform the instructor of any illness or injury before the class commences.



FUNCTIONAL MOVEMENT

TRX SUSPENSION TRAINING - 60 min / 1-2 pax

Additional participants

TRX suspension training uses a portable system of ropes and suspension cables that leverage gravity to allow you to work against your own body weight. Movement is executed with the aim of improving strength, balance and flexibility simultaneously. Suspension training develops physical strength whilst using functional movements and dynamic positions. Suitable for all fitness levels.

PERSONAL TRAINING - CIRCUIT - 60 min / 1-2 pax

Additional participants

Circuit training uses a combination of high intensity interval training and body resistance movements to provide an invigorating and full body workout. Our instructors are on hand to guide and monitor your movement and to ensure training is maintained at sufficient levels to optimize maximum fat burning potential. Individual movements and circuit combinations are curated according to your fitness level and abilities, with assisted cool down stretching.



THANK YOU

We look forward to sharing some wonderful experiences with you.