



DEVARANA  
WELLNESS  
FOR YOU



*For Inner Peace*  
**YOGA**

Rooted in ancient Indian philosophy, yoga is a mind-body practice with a 5000-year history. Different styles of yoga combine particular physical postures and breathing techniques with meditation or relaxation to create balance. Yoga is becoming increasingly popular in our modern world as an effective form of physical exercise that also promotes harmony and wellbeing.





For *Vital Energy*

# PRANAYAMA

## YOGIC BREATHING

Practitioners use this yogic practice to synchronise their breathing with movements between asanas (poses). But pranayama also offers benefits as a breathing exercise on its own. “Prana” is Sanskrit for breath, vital energy or life force, and “ayama” means control. Learning to control the breath can help decrease stress, improve sleep and increase mindfulness.

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For *Consciousness*

# MEDITATION

Meditation is also part of yoga tradition. Meditation can be defined as a set of techniques that are intended to encourage a heightened state of awareness and focused attention. Meditation is also a consciousness changing technique that has shown to have a wide number of benefits on psychological well-being. There are many types of meditation practiced in modern time with aim to better understand the effects of meditation on health (psychological, neurological and cardiovascular).

For *an Immersive Experience*

# SOUND BATH MEDITATION

Sound Bath meditation is deeply - immersive, full-body listening experience that uses sound to invite gentle yet powerful therapeutic and restorative processes to “Nurture your mind and body”. The experience begins with each person lying down or seated in a comfortable position, often with a blanket an eye mask.

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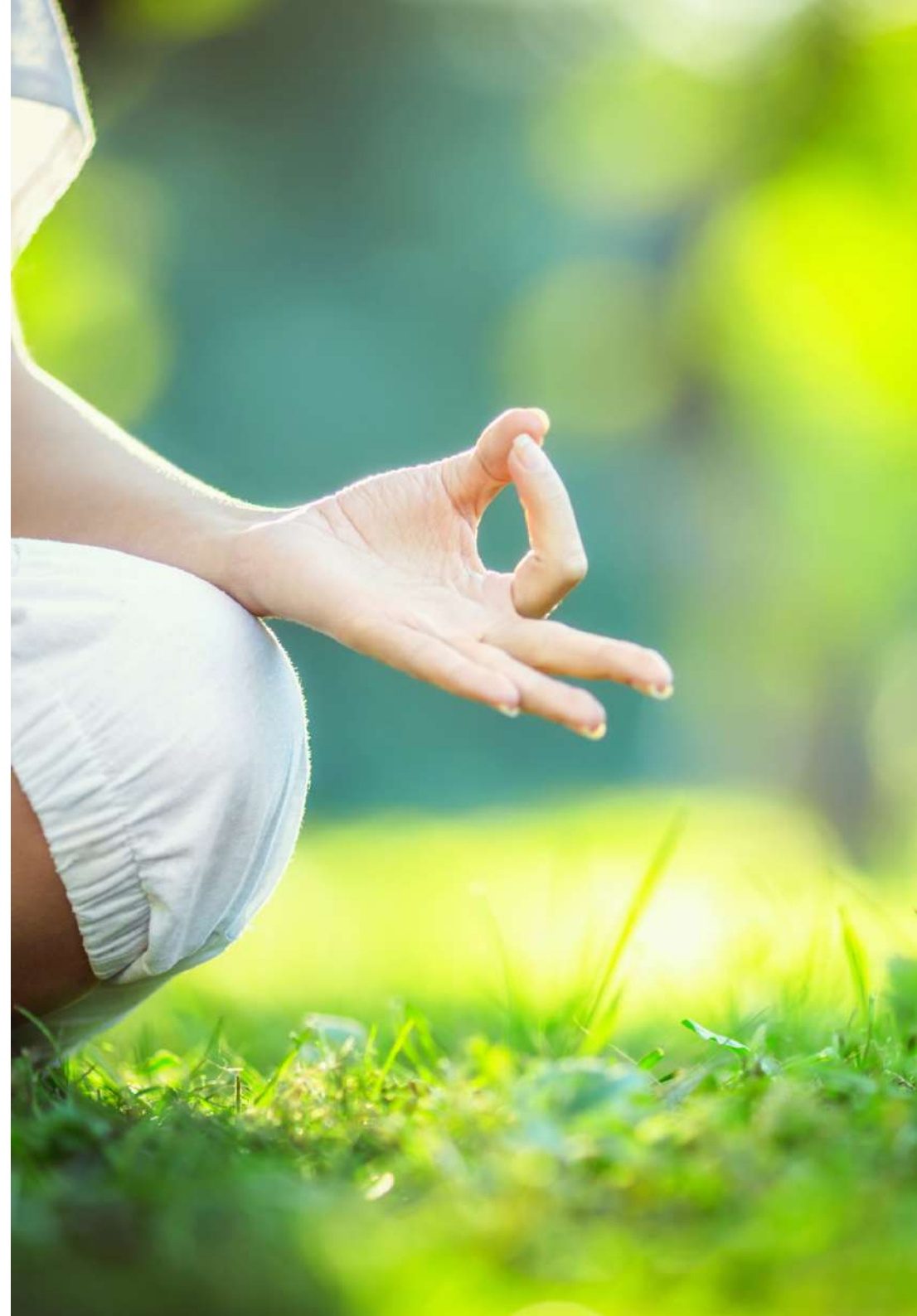




For *Heightened Awareness*

# HAND MOVEMENT MEDITATION

Also known as Mahasati Meditation, the hand movement technique combines repetitive, rhythmic movement with meditation to raise self-awareness. Using simple repeating patterns to open the mind to physical and spiritual introspection, Mahasati Meditation can be a powerful self-realisation tool.





For *Connection On The Go*

# WALKING MEDITATION

A technique that brings body and mind in sync during periods of activity, a walking meditation practice is a great way to continue to access mindfulness and raise awareness while we are out and about.







For *Deeper Understanding*

# KAOSHIKI DANCE

From the Sanskrit word “kosha” meaning “layers of the mind”, kaoshiki dance taps into the subtleties of perception. The practice aims to establish a link between the finite and the infinite in our consciousness. As practitioners explore the technique, they develop self-knowledge, self-confidence and self-expression.

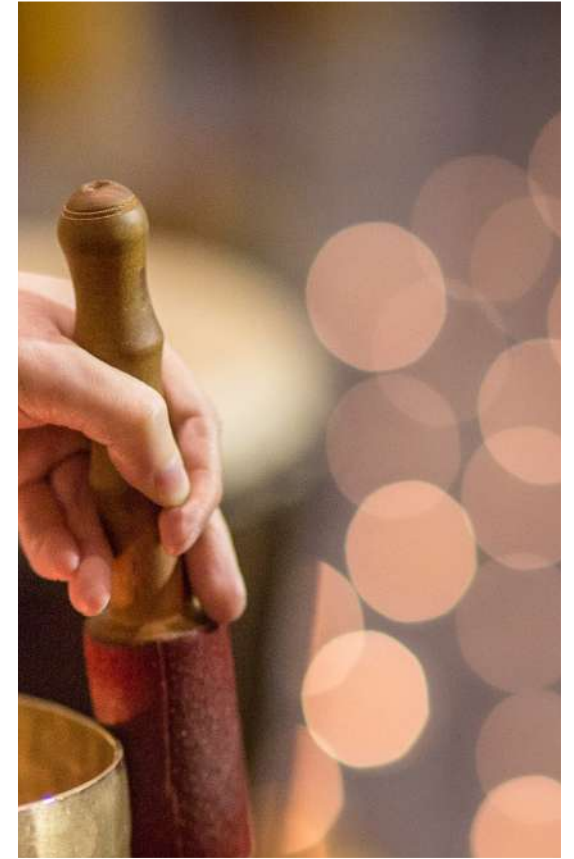


For *Clarity*

# MEDITATION WITH TIBETAN BOWLS

Also known as Himalayan singing bowls, Tibetan singing bowls vibrate to produce a rich, deep tone when played. With a long tradition in Buddhism, singing bowls have been used for centuries to aid meditation. Participants follow the pure, clear sound to enter a deep state of relaxation, where healing can take place.

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The image features a sunset background with a bright sun low on the horizon, casting a golden glow over the sky and sea. In the foreground, the silhouettes of a woman and a man are shown in a boxing stance. The woman on the left is in a ready position, and the man on the right is facing her. The text 'FITNESS COACHING' is overlaid on the left side of the image, enclosed in a white, house-shaped frame.

**FITNESS  
COACHING**



*For Results*

## CrossFit

A form of high-intensity interval training, CrossFit is a strength and conditioning workout made up of functional movements you perform in your day-to-day life, like squatting, pulling and pushing.

*For Balance*

## YOGILATES

Combining strengthening and lengthening Pilates exercises with the postures and breathing techniques of yoga, Yogilates offers an effective workout while creating harmony between body and mind.

*For Conditioning*

## THAI BOXING

*USD 100 per person, USD 160 for two persons*

Like most full-contact fighting sports, Muay Thai focuses heavily on body conditioning with a combination of running, shadowboxing, rope jumping and ab workouts, as well as exercises using body weight resistance and

*For Everyday Wellbeing*

## FUNCTIONAL TRAINING

A form of high-intensity interval training, CrossFit is a strength and conditioning workout made up of functional movements you perform in your day-to-day life, like squatting, pulling and pushing.

*For Flexibility*

## SUPER STRETCH

A class that increases the range-of-motion in your joints and the elasticity in your muscles while reducing stress. Easy-to-follow stretching techniques guide beginners and pros to release stiffness and tension in the whole body.

*For Motivation*

## PERSONAL TRAINER

One-on-one fitness programmes motivate and guide you to achieve your goals, whether they include weight-loss, muscle-gain or general fitness. A professional personal trainer works with you to design a plan, check your form and encourage your progress.

*For The Best Of Both Worlds*

## **MIND & BODY CLASS**

A mixture of Eastern and Western exercises promotes health and longevity. Various basic movements of Tai Chi, Pilates, and Yoga are incorporated in this class to strengthen your muscles, and to improve your coordination and balance.

*For Serenity*

## **TAI CHI**

Linking a series of gentle physical exercises and stretches, tai chi is sometimes described as meditation in motion. Each posture moves into the next without pause, ensuring that your body is always moving, to connect body and mind in a tranquil flow state.

*For Variety*

## **CIRCUIT TRAINING**

Combining six or more exercises performed with short rest periods between them, circuit training is a whole-body workout. One circuit is when all of the exercises have been completed, and repeating circuits has strength and fitness-building benefits.

*For Diversity*

## **BOOT CAMP**

Varied and exciting, boot camp workouts include an intense mix of aerobics, strength training and speed elements performed in bursts of intense activity alternated with intervals of lighter activity.

*For A Six-Pack*

## **ABDOMINAL WORKOUT**

With a blend of core stabilisation and strengthening exercises, this class will shape and tone the abdominal muscles to give you strength and stability to your torso, for better countless functional and aesthetic benefits.

*For Maintenance*

## **MAT PILATES**

Using a pilates or yoga mat on the floor, this class combines exercises to improve flexibility, muscle tone, body balance, spinal support, lower back health, sports performance, and body-mind awareness.



Each class lasts for 1 hour and can be booked up to 24 hours in advance.

**Private class: USD 80 per person**

*All prices are subject to 10% service charge and 12% government tax*

**Dusit Thani**  
MALDIVES

