

WELLNESS/FITNESS

Be pampered with mind, body and soul experiences curated around our all-encompassing wellness philosophy of Escape, Indulge and Transform. Be guided through a restorative mindfulness journey by our expert trainers dedicated to your wellbeing.

BASIC YOGA

60 minutes \$250
(*\$50 per additional guest*)

Start developing strength, flexibility and body awareness through foundational yoga poses and breath work. Suitable for anyone who is new to yoga and would like to understand and experience the benefits of yoga practice for physical and mental wellness.

HATHA YOGA

60 minutes \$250
(*\$50 per additional guest*)

One of the oldest forms of yoga, this yoga practice comprises of a series of asanas and breathing techniques that are designed to cleanse the body and mind, while strengthening and building muscle. Regular sessions can help one find balance and eliminate stress in daily life.

PERSONAL TRAINING

60 minutes \$250
(*\$50 per additional guest*)

Strength training using weights for resistance to tone muscles and improve appearance as well as to manage the onset of age-related muscle pain.

SOULFUL MEDITATION

60 minutes \$250
(*\$50 per additional guest*)

This Active Meditation session invites us to gently move within through a series of movements, sound, breath, focus or a combination of these. When repeated with focus, we switch from operating in our parasympathetic to our sympathetic system, a beautiful way to wind down after a hectic day. Experience improved emotional health and a greater understanding of self.

CRYSTALS BOWLS SOUND HEALING THERAPY

60 minutes \$300
(*\$50 per additional guest*)

Activate light seeds in your aura to connect and express your inner soul's purpose through vibrational healing. The sound therapy brings you closer to self-understanding and helps to focus your intention and better recognise your accomplishments during times of change.

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REIKI HEALING

60 minutes \$250

(\$50 per additional guest)

Feel yourself embracing your full life force from within as you nurture yourself in this healing method that uses pure 'Universal Life Force Energy' to harmonise and balance all levels of your being – physical, mental, emotional and spiritual.

CRANIOSACRAL THERAPY

60 minutes \$250

(\$50 per additional guest)

This gentle re-alignment therapy is designed for synchronising the subtle yet powerful flow of your cerebrospinal fluids between the cranium and sacrum. The dura mater and the balancing of the nervous system will activate the body to heal itself and restore its balance.

LYMPHATIC DRAINAGE THERAPY

60 minutes \$250

(\$50 per additional guest)

This blissfully balancing therapy works through your body lymphatic system to activate blood circulation and stimulate the functioning of your immune and parasympathetic nervous systems. Feel refreshed with a new awakened body and mind.

TANTRIC AWAKENING

60 minutes \$300

(\$50 per additional guest)

A unique experience that allows you to enter an expanded state of consciousness to achieve profound healing and a deep connection to your mind, body and spirit by embracing all aspects of yourself. Each session promises a unique passage brought about by timing, alignment and your needs.