



Wellness Retreat

7 DAYS TO A NEW YOU

11th July - 17th July

Switch off and embrace the tranquility of our blissful tropical island, while immersing yourself in the wisdom and practices of the traditional Yogic lifestyle. Sifu Aniket, master in multiple Yoga practices, meditations and Martial Arts disciplines, is standing by to guide you.

Enjoy guided yoga, meditation, Yogic workshops, spa therapies and treatments, as well as gentle walks, snorkelling and wellness cuisine. An entire week of total regeneration and replenishment available for you.

Monday 11th July

Sun Salutation & Power Yoga
Elements Meditation
Energising Breathwork

Tuesday 12th July

Detox Yoga
Chakra Meditation
Tibetan Laughter Yoga

Wednesday 13th July

Traditional Hatha Yoga
Walking Meditation
Yin Yoga & Yoga Nidra

Thursday 14th July

Sun Salutation & Power Yoga
Elements Meditation
Energising Breathwork

Friday 15th July

Traditional Hatha Yoga
Chakra Meditation
Immunity Boosting Yoga

Saturday 16th July

Detox Yoga
Mantra Chanting & Sound Healing
Yin Yoga & Yoga Nidra

Sunday 17th July

Traditional Hatha Yoga
'A New You' Meditation
Immunity Boosting Yoga

7-Day retreat USD 999++

Inclusions: 7 daily program + 5 Light Therapy Sessions

3-Day retreat USD 499++

Inclusions: 3 daily program + 2 Light Therapy Sessions

1-Day retreat USD 199++

Inclusions: 1 daily program + 1 Light Therapy Session

All prices are in USD and subject to 23.2% government taxes.

Accommodation and meals at Amilla Resort are not included and must be booked separately.

For any inquiry contact us at stay@amilla.com or call +960 6606444