

Pallavi



YOGA

Traditional Yoga

This class focuses on *asanas*, breathing, flexibility and strength to boost mental and physical wellbeing *45-60 mins 85-95++*

Power Yoga

A full body workout, targeting not only single muscles, but all muscle groups to enhance strength and flexibility *60 mins 95++*

Yoga Nidra Meditative Sleep

An ancient technique to achieve a meditative deep sleep - an alpha state without dreams and thoughts. *45 mins 85++*

MEDITATION

Sufi Whirling Meditation

A spiritual dance, a search for peace and liberation, a personal and intimate experience through whirling *45 mins 85++*

Kundalini Meditation

An active meditation to release stress and awaken the Kundalini energy *60 mins 95++*

Chakra Healing Meditation

Learn about the 7 Chakras and how to nourish them with sound or breath *60 mins 95++*

Dynamic Meditation

An intense and thorough way to break old patterns in the body and mind, to experience freedom, silence and peace *60 mins 95++*

THERAPIES

Craniosacral Therapy

Gentle hands-on techniques release tensions or imbalances in the body, creating lightness and internal balance *60 mins 155++*

Tree Hugging Therapy

Utilising the extraordinary powers of nature, tree hugging increases oxytocin, serotonin and dopamine levels, hormones of calmness and happiness *45 mins 85++*

Intuitive Dance Therapy

Letting the body move without any restrictions activates several brain functions, deepening the connection between mind and body *45 mins 85++*

Pranayama Breathwork Therapy

These ancient breathing techniques allow internal cleansing and increased Prana, bridging body and mind *45 mins 85++*

Mantra Chanting Therapy

Each mantra heals by resonating with specific energies of the body and allowing healing to happen *30 mins 170++*

Healing Fingertips Workshop

Learn the power of hands mudras, and how deeply they link with our health 45 mins 85++

Prices are in USD and are subject to 27.6% government taxes and service.

Please book with your Katheeb/a or contact Javvu Spa reception.