



# Wellness Retreat

## 7 DAYS TO A NEW YOU

11<sup>th</sup> July – 17<sup>th</sup> 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, grandmaster in multiple Yoga practices, meditations and Martial Arts disciplines, is standing by to guide you.

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

### Monday 11<sup>th</sup> July

Sun Salutation & Power Yoga  
Elements Meditation  
Energising Breathwork

### Tuesday 12<sup>th</sup> July

Detox Yoga  
Yogic Diet & Yogic Sleep  
Taoist Yoga & Qigong

### Wednesday 13<sup>th</sup> July

Traditional Hatha Yoga  
Walking Meditation  
Alchemy Bar Masterclass  
Yin Yoga & Yoga Nidra

### Thursday 14<sup>th</sup> July

Sun Salutation & Power Yoga  
Yoga Philosophy & Stress Management  
Energising Breathwork

### Friday 15<sup>th</sup> July

Traditional Hatha Yoga  
Chakra Meditation  
Taoist Yoga & Qigong

### Saturday 16<sup>th</sup> July

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

### Sunday 17<sup>th</sup> July

Kundalini Yoga  
'A New You' Meditation  
Taoist Yoga & Qigong

### Inclusions:

- 7 days of weekly activities (as per schedule)
- One wellness smoothie or kombucha daily
- 2 Light Therapy sessions
- Two 60-minute massages
- One 60-minute facial
- Complimentary access to steam and sauna facilities

7-Day retreat \$1,900

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](mailto:stay@amilla.com) or call +960 6606444