

# Master Sifu Aniket



25th May 2022 to 30<sup>th</sup> September 2022

A highly accomplished maestro in the field of Energy Healing, Meditation & Martial Art, Aniket brings his unique expertise as an International Yoga teacher from the Himalayan tradition, certified crystal-reiki master, hypnotherapist and a gold medal winner holding black belts in Hapkido, Taekwondo and Kung Fu.

## Crystal Reiki Healing

This beautiful combination of Reiki and crystal healing creates a unique energetic resonance within the body, bringing deep healing and transformational changes. This powerful session supports your body's natural ability to heal itself on all levels and allows the practitioner to address any specific imbalances both in the body and in the mind.

60 minutes USD 250++

## Sound Vibrational Massage & Sound Bath

Based on the principles of quantum physics, this powerful session uses the healing powers of sound and vibration to reduce worries and anxieties. Tibetan singing bowls are used on the body for the sound vibration massage, and around the body for the sound bath. The sound waves produce gentle pulsations that massage the cells in the body, and the frequencies emitted by the bowls draw the brain into alpha and theta brain wave levels. Since the body mostly consists of fluids, it resonates perfectly with the sound waves and a holistic flow of energy harmonizes the body and causes deep relaxation.

60 minutes USD 250++

## Hypnotherapy

Hypnotherapy is a form of alternative medicine that uses guided relaxation, intense concentration and focused attention to achieve a heightened state of awareness that is sometimes termed as "Trance". The purpose of this form of therapy is to utilize one's mind to help reduce or alleviate a variety of issues like psychological distress, unhealthy habits, unreasonable fear, etc. The session helps bring a positive change in the personality.

- Emotional Healing
- Weight control
- Smoking
- Sleep disorder
- Mood & self-confidence booster

60 minutes USD 250++

## Kung Fu

A combination of Bruce Lee's fundamental style 'Wing Chun' along with 'Shaolin Chin-na' (Joint locking techniques), this class allows you to master useful self-defense techniques as well as develop mental focus and self-discipline, and can also help keeping emotions such as anger and frustration under control.

60 minutes USD 175++\*

## Kickboxing

A high-energy practice that combines martial arts and fast paced cardio to give a challenging full body workout.

45 minutes USD 145++\*

\* Denotes prices inclusive of 2 people.

Prices are in USD and are subject to 23.2% government taxes and service.

### **18 Hands of Buddha Qigong**

An ancient healing form of exercise created by Bodhidharma (Da Mo) around 1500 years ago, this practice was based on Indian yoga science, Chinese exercises and his observation of the natural movements of wild animals. This set of internal exercise helps maintain health, stretch muscles and tendons, strengthen the body and calm the mind. This gentle exercise also has a calming effect on the nervous system and is beneficial in the treatment of psychosomatic disorders.

60 minutes USD 175++\*

### **Six Healing Sounds Qigong**

Based on the discovery of Taoist masters that healthy organs vibrate at particular frequencies, this practice uses six sounds that are primary, pre language vocal expressions, and each of them is associated with a different organ, colour and set of emotions. The focus on the breathwork, visualisation, posture and sound will help detoxify and strengthen the organs along with the transformation of negative emotions into positive ones.

45 minutes USD 145++\*

### **Traditional Yoga**

The ancient teachings of Hatha Yoga help cleanse the energy channels, and balance both body and mind through specific postures and controlled meditative breathing that complements the physical movements. A very effective way to enhance perception, gain good health and experience blissfulness.

60 minutes USD 175++\*

### **Tibetan Yoga**

A hidden treasure of the Tibetan Tantric Buddhist Tradition, Tibetan yoga practices – also known as Dorjee Yoga – may vary according to each tradition, always aiming at allowing our natural state of sanity and wisdom to emerge. Dorjee Yoga consists of wholehearted laughter, self-massage along with breath-based bodily movements and contemplation. Some practices incorporate vigorous movements in sitting posture to break up blocks and stagnation in the body. It is also a complete body restorative system to combat diseases by purifying meridians and balancing energy centres.

60 minutes USD 175++\*

### **Power Yoga**

A full body workout, targeting not only single muscles, but all muscle groups to enhance endurance, strength and flexibility

45 minutes USD 145++\*

### **Kundalini Yoga**

A combination of mantra chanting, prana sadhana (breathwork), visualization, postures, energy locks and meditation. With regular practice, the kundalini energy rises and moves up through the chakras and contribute to your spiritual wellness. It also leads to increased creativity, improved charisma and experience of inner peace.

60 minutes USD 175++\*

\* Denotes prices inclusive of 2 people.

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