

ANIKET BHOSALE

YOGA & MARTIAL ARTS

YOGA

Gentle Yoga | 60 mins | \$120++

Relaxing meditation and Yoga poses to improve overall health.

Power Yoga | 45 mins | \$99++

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

Sun Yoga | 45 mins | \$99++

A combination of Sun salutation, meditation and breathing techniques to gain inner strength.

Yoga Nidra | 30/45 mins | \$75/99++

This practice triggers a state of consciousness between waking and sleeping, resulting in deep relaxation. Great for sleep disorders and insomnia!

Traditional Yoga | 60 mins | \$120++

Ancient teachings of Yoga for a deeper understanding and experience of yogic way of life.

FITNESS

Fitness Kickboxing / Cardio Kickboxing | 45 mins | \$99++

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

Personal Training | 45 mins | \$99++

WELLBEING

Stress Management | 90 mins | \$180++

A 90 mins powerful combination of exercises and meditation to gain mindfulness and fight back the negative effects caused nowadays by stress and fast paced life.

Singing Bowl Healing | 30min | \$75++

A beautiful type of energy medicine to bring deep healing within the body and mind through the vibrational resonance of the bowls.

Pranayama & Pranic Healing | 60 mins | \$120++

The word 'Prana' refers to the vital energy and life force of our bodies. This 60 minutes session helps clearing physical and emotional blocks and removing unhealthy energy, to treat illness and restore the body's natural balance.



MARTIAL ARTS

Kung Fu/ Wing Chun | 60 mins | \$120++

A Chinese unarmed mode of combat and self-defense, involving quick movements of arms and legs. It helps develop concentration and self-discipline.

Tai Chi & Qi Gong | 60 mins | \$120++

A non-competitive, gentle and graceful form of exercise. A beautiful "Meditation in Motion".

Hapkido | 60 mins | \$120++

Known as "anti-martial art", it is a form of defense rather than attack, characterized by joint locks, throws and dynamic kicking techniques.

MEDITATION

Zen | 30/45 mins | \$75/99++

"What am I?" Everyone searches for happiness and peace outside, without understanding their true inner self. The practice of Zen meditation is to realise the vibrant, subtle and interconnected nature of all life. It provides an insight into how the mind works while opening the way to understanding your true self.

Taoist | 30/45 mins | \$75/99++

Standing Meditation

Different levels of this meditation are available from beginner/sitting to advanced/standing.

Very effective in developing mind-body coordination and strengthening the body's central nervous system.

Chakra | 30/45 mins | \$75/99++

The Chakra meditation will allow you to target specific points in your body and mind, allowing you to fully recharge yourself with positive and colourful energy!