



KUDAFUSHI  
MALDIVES

## ABOUT OUR YOGINI

ADITI STARTED PRACTICING YOGA SINCE THE AGE OF 11 YEARS. SHE IS WELL ACQUAINTED AND CONDUCTS VARIOUS TYPES OF YOGA CLASSES FOR OUR GUESTS. SHE IS ALSO A PROFESSIONAL REIKI PRACTITIONER AND SHE IS ABLE TO PROVIDE REIKI HEALING TO HELP WITH YOUR PHYSICAL AND MENTAL CONDITIONS.

# MAKE

# YOGA

*part of your holiday with us*  
REFRESH. RELAX. REJUVENATE

## GROUP YOGA SESSIONS

[ MINIMUM 3 PAX REQUIRED / LIMITED SLOTS ]

MONDAY : 07:30 - 08:30HRS [ FREE ]

WEDNESDAY : 18:30 - 19:30HRS [ FREE ]

SATURDAY : 07:30 - 08:30HRS [ \$10++ per pax ]

[ BOOKINGS REQUIRED / SLOTS CAN BE RESERVED 1 DAY PRIOR ONLY ]

## PRIVATE YOGA SESSIONS

[ MINIMUM 2-3 DAYS PRIOR BOOKINGS REQUIRED ]

[ MAXIMUM 2 PAX ]

### SUNRISE FLOW \$25++

[ 30-40 MINUTES SESSION ]

Start your day with an energizing Vinyasa class designed to wake up your body and prepare your mind for the day ahead.

### SUNSET DIVINE \$30++

[ 40-50 MINUTES SESSION ]

Refresh your mind, body and soul with a Hatha / Vinyasa session while enjoying a beautiful sunset.

### ART OF BREATHING \$30++

[ 40-50 MINUTES SESSION ]

Discover the secrets of the breath-mind connection in this Pranayama and Meditative session.

### POWER FLOW \$50++

[ 40-50 MINUTES SESSION ]

Specialized for yogis with a more established practice to build strength and to get your heart racing.

### PARTNER YOGA \$50++

[ 40-50 MINUTES SESSION ]

Relaxing yoga poses done together! Give your partner an opportunity to experience yoga with you.

CLASSES CAN BE SCHEDULED BASED ON AVAILABILITY FOR BOOKINGS AND MORE INFORMATION DIAL 510 OR VISIT LEISURE HOUSE / RECEPTION

## YOGA PACKAGES

[ PRIOR BOOKINGS REQUIRED ]

### YOGAHOOLICS \$100 ++

[ MAXIMUM 2 PAX ]

[ 4 SESSIONS OF 40-50 MINUTES ]

2 Sunrise Sessions : Class of your choice from our private yoga sessions.

2 Sunset Sessions : Class of your choice from our private yoga sessions.

### PERSONALIZED YOGA \$110 ++

[ MAXIMUM 1 PAX ]

[ 4 SESSIONS OF 40-50 MINUTES ]

Session 1 : Breathing exercises and consultation with our instructor.

Session 2 : Sunrise yoga class based on your consultation.

Session 3 : Yoga class of your choice from our private classes.

Session 4 : Sunrise yoga class based on your consultation.

## REIKI HEALING

Reiki is a form of an alternative non-invasive therapy commonly referred to as energy healing which removes mental, physical, emotional and spiritual blockages, imbalances and pains. It is effective for a wide range of conditions like stress, anxiety, migraines, digestive issues, back problems and arthritis.

### REIKI HEALING SESSION \$60++

[ MAXIMUM 1 PAX ]

[ SINGLE SESSION TO TRY OUT THE EXPERIENCE ]

Session 1 : 30 Minutes consultation

Session 2 : Reiki Healing therapy customized based on your consultation.

### A HEALING JOURNEY \$150++

[ MAXIMUM 1 PAX ]

[ FOR AN EFFECTIVE RESULT OF REIKI HEALING ]

Session 1 : 30 Minutes consultation / 30 Minutes meditative yoga during sunrise

3 Sessions of Reiki Healing therapy customized based on your consultation

[ each session will be 40-45 minutes ]