



Kudafushi Sadhana



WEEKLY WELLNESS PROGRAM

YOUR JOURNEY TO WELLNESS BEGINS HERE

Monday

07:30HRS | SUNRISE YOGA - \$15++

10:00HRS | MAT PILATES - \$15++

16:00HRS | PRANAYAMA & MEDITATION - \$10++

18:30HRS | SUNSET YOGA - \$ 15++

Thursday

07:30HRS | SUNRISE YOGA - \$15++

10:00HRS | MAT PILATES - \$15++

16:00HRS | PRANAYAMA & MEDITATION - \$10++

18:30HRS | SUNSET YOGA - \$ 15++

Tuesday

07:30HRS | FITNESS SESSION - \$10++

10:00HRS | STEP AEROBICS - \$10++

16:00HRS | PRANAYAMA & MEDITATION - \$10++

18:30HRS | SUNSET YOGA - \$ 15++

Friday

07:30HRS | CIRCUIT TRAINING - \$10++

10:00HRS | DANCE FITNESS - \$10++

16:00HRS | PRANAYAMA & MEDITATION - \$10++

18:30HRS | SUNSET YOGA - \$ 15++

Wednesday

07:30HRS | SUNRISE YOGA - \$15++

16:00HRS | PRANAYAMA & MEDITATION - \$10++

18:30HRS | YIN YOGA - \$ 15++

Saturday

07:30HRS | SUNRISE YOGA - \$15++

16:00HRS | PRANAYAMA & MEDITATION - \$10++

18:30HRS | YIN YOGA - \$ 15++

IMPORTANT INFORMATION:

MINIMUM 3 PARTICIPANTS AND A MAXIMUM OF 12 PARTICIPANTS PER SESSION.

ALL SESSIONS ARE SUBJECT TO AVAILABILITY. PRE-BOOKING IS REQUIRED.

PRICES LISTED ARE PER SESSION. RATES ARE IN USD SUBJECT TO 10% SERVICE CHARGE AND 16% T-GST

FOR RESERVATION, VISIT RECEPTION OR REACH OUT TO US VIA WHATSAPP +960 7960424



Kudafushi Sadhana



ELEVATE YOUR WELL-BEING WITH OUR PRIVATE AND CURATED PACKAGES

Personalized Yoga

DURATION: 60 MINUTES | \$50++ | MAXIMUM 2 PAX

CUSTOMIZED YOGA SESSIONS ARE INTENDED TO FOCUS PERSONALLY ON A SINGLE INDIVIDUAL AND ADDRESS POSTURE CORRECTIONS BASED ON THE PERSON'S NEEDS.

Yogaholics

DURATION: 60MINUTES | 3 SESSIONS | \$120++ | MAXIMUM 2 PAX

**CONNECT WITH YOUR TRUE SELF THROUGH A COMBINATION OF MOVEMENT AND MINDFULNESS.
(THE SESSION INCLUDES: 1 VINYASA, 1 RESTORATIVE YOGA & 1 POWER YOGA SESSION)**

Sadhana

DURATION: 60MINUTES | 4 SESSIONS WITH CONSULTATION | \$160++

EMBARK ON A TRANSFORMATIVE YOGA JOURNEY TAILORED TO YOUR PHYSICAL AND EMOTIONAL WELL-BEING. OUR EXPERT YOGA INSTRUCTOR, ADITI, DESIGNS PERSONALIZED YOGA SESSIONS TO MEET YOUR UNIQUE WELLNESS GOALS.

IMPORTANT INFORMATION:

**ALL SESSIONS ARE SUBJECT TO AVAILABILITY. PRE-BOOKING IS REQUIRED.
PRICES LISTED ARE PER SESSION. RATES ARE IN USD SUBJECT TO 10% SERVICE CHARGE AND 16% T-GST**

FOR RESERVATION, VISIT RECEPTION OR REACH OUT TO US VIA WHATSAPP +960 7960424



Kudafushi Sadhana

5-DAY CERTIFICATE COURSE IN YOGA

\$300++



TAKE THE NEXT STEP IN YOUR WELLNESS JOURNEY WITH THIS 5-DAY CERTIFICATE COURSE IN YOGA

EXPLORE OUR DIVERSE YOGA SESSIONS, FROM FUNDAMENTAL HATHA TO DYNAMIC VINYASA, DESIGNED FOR ALL LEVELS. OUR EXPERT YOGA INSTRUCTOR WILL GUIDE YOU THROUGH MINDFULNESS, BREATHWORK, AND PHYSICAL POSTURES, MAKING YOGA ACCESSIBLE TO EVERYONE.

THIS CERTIFICATION INCLUDES 10 SESSIONS ALONG WITH STUDY MATERIAL.

DAY 1: GET TO KNOW THE HISTORICAL ORIGIN OF YOGA, THE DEFINITION OF YOGA, AND BASIC BREATHING EXERCISES (PRANAYAMA).

DAY 2: YOGA ANATOMY & SUN SALUTATION.

DAY 3: GUIDED MEDITATION & INTRODUCTION TO MANTRA MEDITATION.

DAY 4: HATHA & VINYASA YOGA SESSION.

DAY 5: ASHTANGA YOGA & SHATKARMA (HATHA YOGA PURIFICATION PRACTICES).



IMPORTANT INFORMATION:

PRE-BOOKING IS REQUIRED.

RATES ARE IN USD SUBJECT TO 10% SERVICE CHARGE AND 16% T-GST

FOR RESERVATION, VISIT RECEPTION OR REACH OUT TO US VIA WHATSAPP +960 7960424