



WEEKLY WELLNESS PROGRAM

LET YOUR JOURNEY TO INNER PEACE BEGIN WITH US.

RECONNECT. REJUVENATE. REDISCOVER BALANCE.



MONDAY

07:30HRS | GENTLE VINYASA - COMPLIMENTARY

09:00HRS | PILATES - \$10++

18:30HRS | NAVAKARAṆA VINYĀSA - \$ 15++



TUESDAY

07:30HRS | NAVAKARAṆA VINYĀSA - \$10++

15:30HRS | YOGA ESSENTIALS - \$10++

17:30HRS | GENTLE VINYĀSA - \$ 15++



WEDNESDAY

07:30HRS | RESTORE & RELAX - COMPLIMENTARY

17:30HRS | PILATES - \$10++

18:30HRS | NAVAKARAṆA VINYĀSA - \$15++



THURSDAY

07:30HRS | NAVAKARAṆA VINYĀSA - \$10++

09:00HRS | DETOXING TWIST & BREATHWORK - \$10++

18:30HRS | GENTLE VINYĀSA - \$ 15++



FRIDAY

07:30HRS | GENTLE VINYĀSA - \$10++

15:30HRS | YOGA ESSENTIAL - COMPLIMENTARY

18:30HRS | DETOXING TWIST & BREATHWORK - \$ 15++



SATURDAY

07:30HRS | NAVAKARAṆA VINYĀSA - \$10++

18:30HRS | RESTORE & RELEASE - \$ 15++



We also offer a 20-minute complimentary wellness consultation at our SPA, book your spot!

IMPORTANT INFORMATION:

ADVANCE BOOKING IS REQUIRED.

PRICES LISTED ARE PER SESSION. RATES ARE IN USD SUBJECT TO 10% SERVICE CHARGE AND 17% T-GST

ALL MENTIONED ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT ANY PRIOR NOTICE

FOR RESERVATIONS AND MORE INFORMATION, PLEASE VISIT OUR RECEPTION.

K-YOGA – ROOTED IN NATURE, RISING IN SPIRIT

Explore our diverse offerings and find the practice that aligns with your needs.

MORE INFORMATION ABOUT OUR SESSIONS:

NAVAKARANA VINYASA

A highly meditative session where specific sequences are practiced guided by Sanskrit chanting and rhythmic instrumental sounds. The musical flow supports movement and breath, promoting deep focus, mental stillness and meditation in motion.

VINYASA FLOW

A dynamic yoga for a total body practice where breath links each pose and transition, building strength, focus, and fluidity. can be more slow or more active

DETOXING TWIST & BREATHWORK

A revitalizing session designed to support the body's natural detoxification process through deep twists, dynamic movement, and cleansing breathwork. Inspired by traditional kriya techniques, this practice combines active flows with specific breathing methods to stimulate digestion, energize the body, and clear stagnant energy.

PILATES

Focused on training specific body parts and challenging transitions, using a dynamic and playful approach. Expect slower pacing, mindful repetition, and deep body awareness.

ESSENTIAL YOGA

A foundational and accessible practice that focuses on alignment, breath, and body awareness. Ideal for beginners or anyone looking to reconnect with the basics in a calm and supportive flow.

RESTORE & RELEASE

A deeply grounding Yin Yoga practice designed to guide you into stillness, soften resistance, and reconnect with your inner calm. Through long-held, floor-based postures, you'll gently stretch the body while inviting the mind to slow down and let go.

PRIVATE CLASS

Experience a personalized yoga class tailored to your needs, whether you're a beginner or an experienced practitioner. Each session focuses on improving posture, flexibility, stress management, technique refinement, or strength building.

EXPERIENCE BALANCE, STRENGTH, AND TRANQUILITY.



PRIVATE YOGA CLASS

EXPERIENCE A PERSONALIZED YOGA CLASS TAILORED TO YOUR NEEDS, WHETHER YOU'RE A BEGINNER OR AN EXPERIENCED PRACTITIONER. EACH SESSION FOCUSES ON IMPROVING POSTURE, FLEXIBILITY, STRESS MANAGEMENT, TECHNIQUE REFINEMENT, OR STRENGTH BUILDING.

**USD 30++
ON DEMAND**



In the yoga pavillon or in your Villa

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PRENATAL YOGA

USD
40++

*This is your time to slow down,
recharge, and feel nourished*



Designed specifically for expecting mothers, Prenatal Yoga offers a safe and supportive space to move, breathe, and connect with your changing body and growing baby. This gentle practice focuses on improving posture, releasing tension, and building the strength and stability needed for pregnancy and childbirth.

Each class includes:

- **Breathwork to calm the nervous system and deepen connection**
- **Gentle movement to ease common discomforts like back pain or fatigue**
- **Pelvic floor awareness and core stability**
- **Relaxation techniques to reduce stress and promote emotional balance**

Available upon request as a private session.

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PARTNER YOGA

MOVE, LAUGH & FLOW TOGETHER

**A playful and mindful practice for
two, enhancing connection, trust, and
balance.**

USD 30++
On demand

PRIVATE CLASS IN
K-YOGA OR IN
YOUR VILLA

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TO 10% SERVICE CHARGE AND 17% T-GST*



NAVAKARAṆA VINYĀSA

Navakaraṇa Vinyāsa blends the traditional wisdom of vinyāsa with a modern approach to physical training. It emphasizes alignment, strength, flexibility, and control, integrating ancient practice with contemporary disciplines like anatomy, kinesiology, psychology, and musicology.

A hypnotic and revitalizing experience

The teacher guides the practice by chanting Sanskrit mantras and playing an traditional indian instrument to create a dynamic rhythm.

The beauty of this practice lies in the musical guidance, which supports movement and breath, leading to deep concentration, mental clarity, and a meditative state in motion

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