



# HLC Yoga for All

## Special Sessions

**Hatha Yoga | 60 min** Hatha yoga helps to regulate breathing by way of corrective posture and stretching exercises to provide healthy body function, inner awareness and sense of calmness.

**Aerial Yoga | 60 min** In aerial yoga, your body weight is supported by a 'hammock'. This swath of soft fabric, suspended from the ceiling, supports your body in the poses and allows your body to work against gravity, helping you get deeper into stretches. It also means you can do many supported inversions, which results in health benefits unique to aerial yoga.

**Vinyasa Flow Yoga | 60 min** Go with the energy flow of the body; increase your strength and flexibility through a synchronized breath-sound movement. This is a dynamic and fast paced series of postures allowing you to deepen your asana practice and move into meditation.

**Shiva-Shakti: Couples Yoga | 60 min** Shiva-Shakti represents the male-female elements of the universe, and those represented within all of us. Shiva is the lord of Destruction and he is complemented by the energies of the divine Goddess Shakti. Shiva is incomplete without Shakti. Hence the practice is a balancing of male- female energies within all of us and a beautiful union to harmonies male-female energies within couples.

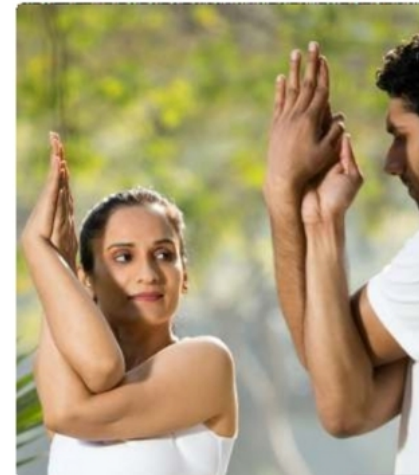
**Pranayama | 30 min** In a Pranayama session, attention is placed on breathing. Pranayama literally means expansion of Prana, which is life force or vitality. Pranayama addresses breathing patterns and assists in the removal of toxins, enhancing an individual's state of overall wellbeing.

**Aerial Meditation | 45 min** Aerial Meditation transforms the mind. Floating guided meditation while suspended in a silk hammock helps in balancing the motions, awakens the mind and fight daily stress.

**Personalized Meditation | 30 min** Personalized meditation sessions include guided meditation and relaxation techniques. These techniques equip you with the ability to relax and rejuvenate the entire body-mind system.

Learn the fundamentals & essentials for complete health, fitness, strength & flexibility with step-by-step breakdown of poses, transitions & body balance.

All of our instructors are fully trained and focus on postural alignment and breathing. Instruction is for everyone, from beginners to advanced yogis wishing to go deeper into their practice. Our instructors are available for complimentary consultation for guests who would like to discuss any concerns or to tailor a personalized program.



Our Yoga Programmes help you cultivate the ancient discipline of yogic practices to recharge yourself by enhancing clarity of thought. Every aspect of your mind, body and soul achieves a heightened sense of balance. The comprehensive programmes of 5 and 7 nights focus on yoga's therapeutic process with the objective of achieving a particular physiological, psychological or spiritual goal.

TREATMENTS	5 D/N	7 D/N
Personal Yoga Sessions	3	5
Personal Pranayama Sessions	2	7
Personal Meditation Sessions	1	3
Ayurvedic Therapy Sessions	1	2
Naturopathy Therapy Sessions	3	7
Cleansing Therapy	1	1