

Retreats with Master Sifu Aniket



Relax & Rejuvenate Yoga Retreat 1-Day

This unique program will relax and recharge mind, body and spirit, while supporting your body's natural ability to heal itself with guided meditations, postures, breathing techniques and mantra chants. Also included is sound bathing with the use of Himalayan singing bowls, that brings vibrant and uplifting energy for inner healing and rejuvenation.

Inclusions: one Asanas & Meditation class (morning), one Mantra Chants & Nada Yoga class (afternoon), one Prana sadhana & Yoga Nidra class (evening), one Intuitive Aroma Massage 60mins, one Light Therapy session USD 370++

Transformation Retreat - Shaolin Kungfu & Tai Chi 1-Day

Kungfu is a way to find discipline, courage and great strength within us. The journey prepares you for all that life can bring, and includes conditioning drills for speed and power, self defense and meditations to develop mental alertness, vital energy and peace of mind.

Inclusions: Kungfu + Wing Chun skills (morning), Shaolin Chin Na + Zen meditation (afternoon), Breathwork & Tai Chi movements (evening) USD 300++

Classical Yoga & Meditation Retreat 3-Days

Experience the ancient science and art of Classical Yoga, based on the traditional system of 8 limbs mentioned in the Yoga Sutras of Sage Patanjali, often referred to as the father of Yoga.

Inclusions: three Asanas, pranayama, bandhas, mudras and kriyas class (morning), three workshops of Patanjali Yoga Sutras or Yoga Philosophy (afternoon), three Mantra chants, Dharana & Meditation sessions (evening), one Thai Stretch Dry Massage 90mins, one Back Relief 30mins, one Light Therapy session USD 999++

Inner Healing Journey 3-Days

Combining some of the most powerful and transformational healing sessions, this package will lead you to a total energy cleanse, regeneration and reboot.

Inclusions: one Crystal Reiki Healing, one Sound Vibrational Massage & Sound Bath, one Hypnotherapy, three Light Therapy sessions USD 650++

The retreats are nominal and cannot be shared with other guests, even if sharing a villa. Prices are in USD and are subject to 23.2% government taxes and service. Please book with your Katheeb/a or contact Javvu Spa reception.

Amilla
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