

## Yoga Menu



### **Health is Wealth and Peace of Mind is Happiness - Yoga shows the way..**

The ancient tradition of Yoga, which means union or harmony, is both a philosophical system and a science that offers us the opportunity to deepen our self-awareness through physical movements, breathing and meditation. The practice of yoga can lead to physical benefits such as improved cardiovascular functioning, stronger muscles and bones and increased flexibility. The benefits to the mind and soul are endless - the experience of quieting your mind and connecting with your breath leads to a deeper sense of well-being and balance.

Anantara Maldives offers a variety of yoga classes. When attending classes, we suggest you:

- Wear form-fitting, comfortable clothing
- Come to class on time – it is best to arrive 10 minutes early
- Come with a clear and open mind
- Don't eat a heavy meal for at least 2 hours prior to class
- Inform instructor of any injuries, limitations or special conditions before each class
- Listen to your body
- Enjoy the class!

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### **Gentle Yoga: 60 minutes**

This is an instructional class great for those new to yoga. It is also a nice place to revisit as a more advanced student to see your practice with new eyes. Learn meditation techniques, proper alignment, and how to coordinate your breath and movement. This class includes instruction in sun salutations. Adjustments and assists are given, and modifications are suggested. Bring your sense of humor and an open mind.

### **Pranayam Yoga: 60 minutes**

Pranayam yoga is a healing meditative practice that moves very slowly and intentionally. Slower paced and restorative with focus on breathing, relaxation and gentle stretching this class is perfect for beginners. As we unravel and slow down, peace floods over us, calming the body, quieting the mind and soothing the spirit.

### **Rhythmic Yoga: 60 minutes**

Uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. This practice encourages proper alignment of the body and brings balance, strength, and calmness to the practitioner.

### **Ashtanga Yoga: 60/90 minutes**

This method of yoga involves synchronizing the breath with a progressive series of postures, a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs, resulting in improvement of circulation, a light and strong body, and a calm mind.

### **Yogalates: 60 minutes**

Yogalates is a class that combines yoga and Pilates poses and flows. Great for those familiar with yoga, but not with Pilates – and vice versa! This is a wonderful place to transition from yoga to Pilates or Pilates to yoga!

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### **Therapeutic Yoga : 60 minutes**

This class is recommended for those who are post injury and are now in the healing stages. The class is also recommended for those who have body limitations (i.e. Shoulder immobility or previous injury, hip dysfunction or previous injury, sciatica or lower back pain, etc.).

### **Meditation: 60 minutes**

Meditation provides your mind with a method of focus to keep you in the present moment. This class will also include breath work to bring you into a calm and relaxed state.

### **Pilates (mat): 60 minutes**

The Pilates exercise technique is a set of principles and exercises which works on bringing the whole body into balance, coordinating the upper and lower musculature with the body's center. This dramatically improves strength, flexibility, posture and coordination. The outcome is a balanced body which is strong and supple with a flat abdominals, balanced legs and a strong back

### **Stretching: 45 minutes**

Flexibility is an essential component of fitness! This whole-body stretching class will compliment your other workouts to improve your overall well-being by releasing muscle tension, decreasing stress, reinforcing proper body alignment, and enhancing coordination.