



Pak Made **Resident Yoga Instructor**



Inspired by the philosophy of Patanjali, father of modern Yoga and author of the celebrated Yoga sutras, Pak Made followed the path of becoming a Yoga instructor to find balance in his life.

In Made's classes you will have the opportunity to learn breathing techniques such as Pranayama, Yogi Breathing and Anuloma Viloma (alternate nostril breathing). Movement focuses on the practice of Sun Salutations and asanas (poses) including Shoulder Stand, Forward Bends, Warrior, Triangle, Tree, final relaxation. Meditation is incorporated to bring peace of mind.

Classes range from beginner to intermediate and are open to everyone from 8 years up. Practice will be adapted to suit the ability of students.

Made believes in the power of Yoga because of the physical, emotional and mental benefits it has provided him. Practicing Yoga with Made can be a great way to get rid of stress that accumulates daily in both the body and mind. Regular practice can improve overall health, tone muscles and strengthen immunity.

Meet him every Tuesday and Friday at 7:00 am on the Beach Lawn in front of our resort for scheduled sessions, or contact spabali@anantara.com to arrange a private session.

Qualifications

Pak Made is a qualified instructor of Hatha Yoga and Asthanga Yoga. He received his formal certification from the Bali India Foundation Alliance.

Anantara Seminyak Bali Resort & Spa

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