

Resident Ayurvedic Specialist - Rajeeb Kumar Prajapati

Offering 12 years' experience in traditional Ayurveda, yoga, breathing techniques and healing meditation, Rajeeb personalises wellbeing with a focus on trust, responsiveness and professional privacy.



Born in India, Rajeeb has spent the past 12 years as a practitioner of traditional Ayurvedic therapies and holistic spa treatments, fitness, yoga and meditation.

With experience ranging from renowned Ayurvedic hospitals in India to resorts in the Maldives, his passionate approach to personal wellbeing is rooted in both traditional and five star hospitality environments. Since 2005, Rajeeb has specialised in Ayurveda lifestyle consultations and dosha analysis to tailor the ideal Ayurvedic treatments for the optimum benefit of each client. He is also skilled as a holistic spa therapist who is proficient in a wide variety of revered eastern and western massage styles, body therapies, facials and remedial spa products.

In a caring, responsive approach to wellbeing, Rajeeb explains – “As clients embark upon a journey to holistic health and happiness, professional confidence is extremely important. By providing a safe and private space, they can open up and communicate their personal needs, concerns and goals. I also modify the holistic treatments and experiences I prescribe in accordance to each person’s feedback, paying sensitive attention to their comfort level of pressure and touch.”

With fitness of the body and a healthy energy system playing a vital role in wellness, Rajeeb draws on his diverse wealth of yoga qualifications to tailor the optimum exercise plan. Clients benefit from a range of dynamic, flowing and still yoga styles, including Dynamic Ashtanga Vinyasa Flow, Hatha Yoga Flow, The Five Tibetans: Five Dynamic Exercises, Banda Yoga (Moola, Jalandara, Uddiya), Dynamic Ashtanga Yoga, Yoga Therapy and Himalayan Yoga Meditation, in addition to a recuperative range of pranayama breathing techniques and healing meditations.

“Yoga has been a part of my life for over 10 years”, enthuses Rajeeb. “My practice has helped me to grow stronger, more flexible and fearless, both on and off the mat. Yoga inspires me to live each moment more mindfully, and also to experiment in different ways of finding peace and happiness to help people from all nationalities and walks of life.”

Qualifications

Rajeeb is a professionally qualified Ayurvedic Paramedical Nurse, an Ayurvedic and Holistic Spa Therapist, as well as a Yoga and Pilates Instructor.

Anantara Kihavah Maldives Villas