

## Saman Silva – Yoga Master

*Originally planning to be an accountant, the sudden death of his parents led Saman on a journey to find mental balance and peaceful recovery. Yoga and meditation were the resounding holistic answer.*



Saman has experienced first-hand that Yoga can offer a unique holistic experience to everyone, and he applies this tailored approach to his teaching – “If you have back or shoulder problems or if you suffer from stress, depression or insomnia, we can develop a programme with slow movements and concentrated breathing to ease these problems.”

He teaches **Hatha Yoga** to all ages and abilities, and starts with slow, deep breathing and concentration to assist with the physicality of the postures. **Aquatic Yoga** is available for prenatal Yoga and guests with mobility concerns. **Ashtanga Yoga** or **Power Yoga** are available for those looking for a more intense session. For body

toning, he’s developed a 15-minute programme for **fat burning** that stimulates the metabolism through full body exercise.

Originally turning to Yoga as a hobby, Saman discovered that Yoga had changed his life so profoundly, that he wanted to bring it to others. A father to a son with Duchenne Muscular Dystrophy, he has also found that Yoga provides relief and strengthening for alleviating physical conditions. He meditates and has specialised in Ananpana sathi, which enhances the conscious mind. **Meditation** promotes healthy blood circulation and brings peace of mind, which encourages deep and rejuvenating sleep.

Saman began his holistic journey in 1997 by studying Yoga in Sri Lanka and continued his training at the Shivananda Ashram in India. He then went on to conduct Yoga and meditation programmes in Germany, Singapore and Thailand with private guests and corporate and collegiate audiences.

Join an early morning yoga class with Saman to boost your energy for the coming day, or book a private consultation to tailor a programme to your needs.

**Please reserve your session in advance with Anantara Spa. Call +94 34 222 0222 or email [spa.akal@anantara.com](mailto:spa.akal@anantara.com)**

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