



WELLNESS VISITING PRACTITIONER

ROCKET YOGA

60 MIN USD 260++ per person | 90 MIN USD 330++ per person

Additional persons at 50% discount

A dynamic Yoga practice with roots in Ashtanga. This fast-paced practice will strengthen and condition the body and cardiovascular system. The class will also incorporate powerful poses such as inversions and backbends. This is perfect for more experienced Yogis looking to master headstand, handstand and arm balances. This practice will encourage creativity and playfulness to quieten a busy mind and fully immerse in a state of flow.

YOGA SCULPT

60 MIN USD 280++ per person

Additional persons at 50% discount

A work out and a work in, this unique Yogalates method combines Yoga and Pilates to sculpt the whole body and create long, lean lines. Expect to challenge the body in a new way and both strengthen and stretch. Meditation focused on the mind-body connection will help you to make every movement count so you really get the most from your training.

YIN YOGA

60 MIN USD 260++ per person | 90 MIN USD 330++ per person

Additional persons at 50% discount

A Yoga practice to tap into the power of surrender through complete relaxation and stillness. Yin Yoga incorporates principles of Chinese medicine and involves longer and deeper holds in seated postures for 3-5 minutes to not only release muscles but also fascia and connective tissues within the body. It is a very beneficial practice for joint health, flexibility, recovery from exercise as well as promoting deep relaxation, soothing the nervous system and clearing energetic blockages. The stillness of the practice will bring you to a restorative and meditative space.

WELL BEING WITH TAMARA YASIN

01st April – 30th April 2024

Tamara, a holistic wellness practitioner from London carries a wealth of expertise. Her services include Yoga, Pilates, Reformer Pilates, Meditation and bodywork. Her goal is to enable you to feel your best physically, mentally and beyond. Her background as a medical doctor has made her passionate about the profound impact the mind-body connection has upon overall health and well-being.

Practicing with Tamara will provide a space to connect with the body and breath with greater awareness. Her classes range from dynamic and uplifting, to relaxing and deeply restorative, with a particular focus on correct body alignment. Through her creative sequencing discover a natural joy and freedom of movement, find flow state and inner peace, in combination with building a strong and supple body.

For reservations or further information, contact Waldorf Astoria Spa at Ext. 8603 or your Personal Concierge. Advanced Bookings are required. All prices are in US Dollars (USD) and subject to service charge and applicable government taxes.





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AERIAL YOGA

60 MIN USD 290++ per person

Additional persons at 50% discount

Anti-gravity Yoga using a silk hammock build strength, work deeper into postures, improve flexibility and promote relaxation. A chance to be playful and creative with your movement as you enjoy unique Yoga flows incorporating the hammock and explore more challenging postures with its support. The stunning beauty and purity of the Maldives nature is the perfect setting to explore this practice.

RESTORATIVE YOGA

60 MIN USD 260++ per person | 90 MIN USD 300++ per person

Additional persons at 50% discount

A slow and gentle practice to bring relaxation and peace to body and mind through passive stretching. Yoga poses are held for a longer duration with the support of bricks, bolsters and blankets which together with mindful breathing will bring deep rest and relieve tension. You will lighter, stretched and with greater mental equilibrium.

VEDIC MEDITATION

30 MIN USD 260++ per person | 60 MIN USD 300++ per person

Additional persons at 50% discount

Vedic meditation with Tamara employs a simple and natural technique built on thousands of years of knowledge and experience. This effortless process encourages the body to rest deeply and soothe the mind from the stresses and strains of modern living. Learn how to master this timeless technique and make practical use of it for life. Through meditation we can also help to harness the power of the subconscious mind by observing our thoughts and gaining perspective on situations in our lives and if needed effect conscious and meaningful changes. It will help you to re-inhabit your life and gift clarity, courage and creativity to live life more fully.

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DYNAMIC PILATES

60 MIN USD 260++ per person | 90 MIN USD 300++ per person

Additional persons at 50% discount

Drawing inspiration from classical Stott Pilates but with modern goals in mind, Tamara brings creativity to classical sequencing so you feel truly at home in your body. This session features the unique use of bodyweight as a tool to boost your posture.

GROUP SESSIONS ARE AVAILABLE AT USD 56++ per person

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TREATMENTS

DETOX MASSAGE

60 MIN USD 300++ per person | 90 MIN USD 360++ per person

A bodywork treatment to activate your inner processes of detoxification and healing through relieving muscular tensions physically and energetically. Combining Tamara's knowledge of Thai massage, deep tissue and Brazilian lymphatic drainage techniques to ease away tension and stagnant energy in the body to leave with lightness and comfort.

BODY LYMPHATIC DRAINAGE

60 MIN USD 300++ per person | 90 MIN USD 360++ per person

Brazilian technique focusing on massage to stimulate the lymph glands, guiding the lymph flow back to the blood circulation, preventing blockage and stagnation, flushing out water and excess toxins as well as improving overall well-being. This treatment is highly recommended if you are feeling tired, puffy, suffering hormonal imbalances, digestive issues or similar. The treatment provides a powerful immune boost as it is the body's first line of defence.

FACIAL LYMPHATIC DRAINAGE

30 MIN USD 260++ per person | 45 MIN USD 300++ per person

A lymphatic drainage massage performed on the face and neck. One third of the lymphatic nodes are placed around this area. It has numerous benefits for the health and beauty of the facial skin, promoting the body's natural collagen production and immune system with the aesthetic benefits of improving dark circles and eye bags and facial rejuvenation. Reduces migraines and jaw issues like grinding.

(Recommended - Add on to body lymphatic drainage)

CONTOUR MASSAGE

60 MIN USD 300++ per person

This powerful sculpting massage uses stronger and deeper movements to reach deeper tissue layers. This massage will improve circulation, metabolism, and help in the reduction of cellulite.

ADD-ON TREATMENTS ARE AVAILABLE AT USD 150++ per person for 30 MIN

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