



# Wellness Programme

DAY	ACTIVITIES	TIME	VENUE
Monday	Pilates Matwork	6:30 - 7:30 AM	Fitness Studio
Tuesday	Yoga	6:30 - 7:30 AM	Amphitheater
Wednesday	Core Exercise	5:30 - 6:30 PM	Fitness Studio
Thursday	Pilates Matwork	6:30 - 7:30 AM	Fitness Studio
Friday	Meditation	5:30 - 6:30 PM	Bale Beachfront
Saturday	Yoga	6:30 - 7:30 AM	Bale Beachfront
Sunday	Circuit Training	5:30 - 6:30 PM	Fitness Studio

## Yoga

Meaning union, it harmonizes the mind, body and soul through exercise and breathing. Whether in the passive form (Hatha and Spiritual Yoga) or in the dynamic form (Astanga, Vinyasa or Power Yoga), Yoga has the ability to tone and improve one's flexibility and more importantly it calms one's mind.

## Core Exercises

Engage the torso muscles and strengthen your stability. Core muscles need to work as a unit, at the same time, across all joints in order to stabilize the spine. Some of the best core exercises are simple bodyweight exercises.

## Pilates Matwork

Pilates Matwork improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

## Meditation

A combination of breathing control, general concentration and energy movements, it is one of the most effective ways to manage stress, refresh and calm mind and body, and enhance the feeling of happiness, love and intuition. The different techniques of movement in meditation are Giri Bhuana (health), Semadhi (enlightenment), Cakra (creative visualization) and Kundalini (opens the cakra).

## Circuit Training

An excellent way to improve mobility, strength and stamina. The circuit training comprises of 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed in repetitions during a set time before moving on to the next exercise. Suitable for all fitness level.

*The above activities are conducted in a group session but we also offer private sessions. (At a charge)*

### Private Activity:

IDR 850,000 net per person  
IDR 1,800,000 net three person

IDR 1,500,000 net per two person  
IDR 500,000 net (Additional)

Enjoy a private activities session at your convenient time, with the beauty of Bali as a backdrop, in your villa, Beachfront, Amphitheater or The Dulang. This session can be designed to work at the level that is most comfortable and beneficial for your body.