



Wellness Calendar

Gift yourself wellness with an array holistic activities conducted at the resort. Also on offer are exclusive group classes and private sessions for a fee. Please refer to the calendar below and kindly note that registration for all sessions closes a day prior at 5PM.

MONDAY

7.00AM - 8.00AM Hatha Yoga for Beginners
8.15AM - 8.45AM Pranayama*
9.00AM - 9.30AM Meditation (Chakra Shuddhi)
5.15PM - 6.15PM Intermediate Hatha yoga
6.30PM - 7.00PM Meditation (Chiddakash
Dhyana)

TUESDAY

7.00AM - 8.00AM Hatha yoga for Beginners
8.15AM - 8.45AM Meditation (Ajapa Japa)
9.00AM - 9.30AM Life Talk Series*
5.15PM - 6.15PM Intermediate Hatha Yoga
6.30PM - 7.00PM Pranayama*

WEDNESDAY

7.00AM - 8.00AM Hatha Yoga for Beginners
8.15AM - 8.45AM Yoga Nidra
9.00AM - 9.30AM Meditation (Kaya sthairyam)
5.15PM - 6.15PM Intermediate Hatha Yoga
6.30PM - 7.00PM Life Talk Series*

THURSDAY

7.00AM - 8.00AM Hatha Yoga for Beginners
8.15AM - 8.45AM Pranayama*
9.00AM - 9.30AM Life Talk Series*
5.15PM - 6.15PM Intermediate Hatha Yoga
6.30PM - 7.00PM Meditation (Kaya Sthairyam)

FRIDAY

7.00AM - 8.00AM Hatha yoga for Beginners
8.15AM - 8.45AM Meditation (Kaya Sthairyam)
9.00AM - 9.30AM Pranayama*
5.15PM - 6.15PM Ashtanga Yoga
6.30PM - 7.00PM Yoga Nidra

SATURDAY

7.00AM - 8.00AM Hatha Yoga for Beginners
8.15AM - 8.45AM Meditation (Ajapa japa)
9.00AM - 9.30AM Pranayama*
5.15PM - 6.15PM Intermediate Hatha Yoga
6.30PM - 7.00PM Meditation (Chidakash)

Wellness sessions: IDR80,000. Non resident guest: IDR200,000. Prices are net per person per session.

Personalized Sessions

Private sessions available on request. 30 minutes IDR 450,000 or 60 minutes IDR 700,000

REIKI HEALING - utilizes prana to balance, harmonize and transform the body's energy channeling process. It is a simple yet powerful & effective system of touch-less energy healing.

FOOD & NUTRITION CONSULTATION PROGRAM - takes us through a deeper understanding of our body system, how we benefit from fasting, theraputic nature of foods and herbal medicines to prevent the body from diseases.

AQUA YOGA - it involves low-impact exercises and stretching postures performed in water to help develop balance, strength and range of motion. Conducted daily in the Premium swimming pool.
IDR 100,000 net per person for resident guests and IDR 250,000 net per person for non-resident guests.

Reservations are required a day prior for all sessions, please contact Service Express at extension "0".

* indicates complimentary wellness sessions.

Meditation

KAYA STHAIRYAM – Kaya sthairyam is a basic practice of concentration on steadiness of the body. In “Sanskrit” the word ‘kaya’ means body and ‘Sthairyam’ means steadiness.

CHIDAKASHA - the word “Chid” or “Chitta” means ‘Consciousness’ thus chidakasha is the space of consciousness. This space is located in the region of the head, behind the forehead.

CHAKRA SHUDHI - Chakra shudhi means purification of the psychic centers. There is a 7 major chakras (Psychic Centers) in human body.

AJAPA JAPA - the constant repetition of a mantra is known as japa. Japa becomes ajapa (spontaneous) japa when the mantra automatically repeats itself without conscious effort.

Yoga

HATHA YOGA FOR BEGINNERS - the beginners group should be performed by those who have never practiced yogasana (postures) before. This group consists of elementary techniques designed to prepare the body, breath and mind for major and meditation asana. This group of postures is very useful in improving physical health.

INTERMEDIATE HATHA YOGA - the intermediate group consist of postures that are reasonably difficult and are recommended for people who can perform the beginners group without discomfort or strain. These asana require a greater degree of steadiness, concentration and coordination with breath.

ASHTANGA YOGA - the Ashtanga group covers the primary and the advance series of posture. Ashtanga generally known as breath synchronized movements. Ashtanga refers to the alignment of movement and breath, a method which turns static asana into a dynamic flow.

PRANAYAMA - is a Sanskrit word meaning “lengthening of the prana or breath”. The word is composed of two Sanskrit words, Prāna, life force, or vital energy, particularly, the breath, and “āyāma”, to lengthen or extend. It is often translated as control of the life force (prana). When used as a technical term in yoga, it is often translated more specifically as “breathe control”.

YOGA NIDRA - Yoga nidra means psychic sleep. It is a state of sleepless sleep where one is on the borderline between sleep and wakefulness. Yoga nidra is derived from the ancient Tantric Shastras, and forms a complete program of deep relaxation, intensive Self-inquiry and profound meditation. During yoga nidra we investigate the reality of these beliefs in order that we may go beyond what we have learned as second-hand information.

Life Talk Series

Heavenly Spa by Westin™ presents short sessions of cherished conversations with our ‘Wellness Expert’ Jitendra Pokhriyal. Here he shares his spiritual knowledge in a series of half-hour open discussion.

WHO AM I ?

The most difficult question one is faced with in everyday life is “Who am I”? Most of us are constantly in search for our true identity. We will understand and discuss that the body, mind and intellect are only our instruments; “I” is beyond this.

What is mind and it’s folds/pattern In this section we will discuss about the most important and crucial part of human body “the mind” and its 5 patterns – correct perception, incorrect perception, imagination, sleep and memory.

SOCIAL AND PERSONAL DECIPLINE (YAMA & NIYAMA)

The Patanjali provided the 10 disciplines for human beings life governance. Five of these are social causes and other five are personal causes. I.e. truth, non-violence, no stealing, non-possessiveness, behavior of brahmana, cleansing, satisfaction, self-study and surrendering. In this session will explore the roots of yama niyama.

CAUSE OF PAIN

The term “dukha” is indicative of imbalance in life. Our whole life is spent on pursuing “sukha” or happiness. In this session we try to understand what is pain? Its causes and what is actual joy all about?

YOGIC DIET

What are satvik, rajasik and tamasic dietary lifestyles? Which food increase life, purity, strength, health, joy and cheerfulness? And which food is harmful for human body? Yogic diet is one which is in accordance with the rules of nature around us.

INNER SILENCE

Nowadays we have lots of things to connect with but there is no effort made to connect with one’s own self. Generally we think that if we sit quietly in meditation we can achieve the inner silence but it is a false perception. The inner silence comes from within and in this session we undertake the journey to discover it.