



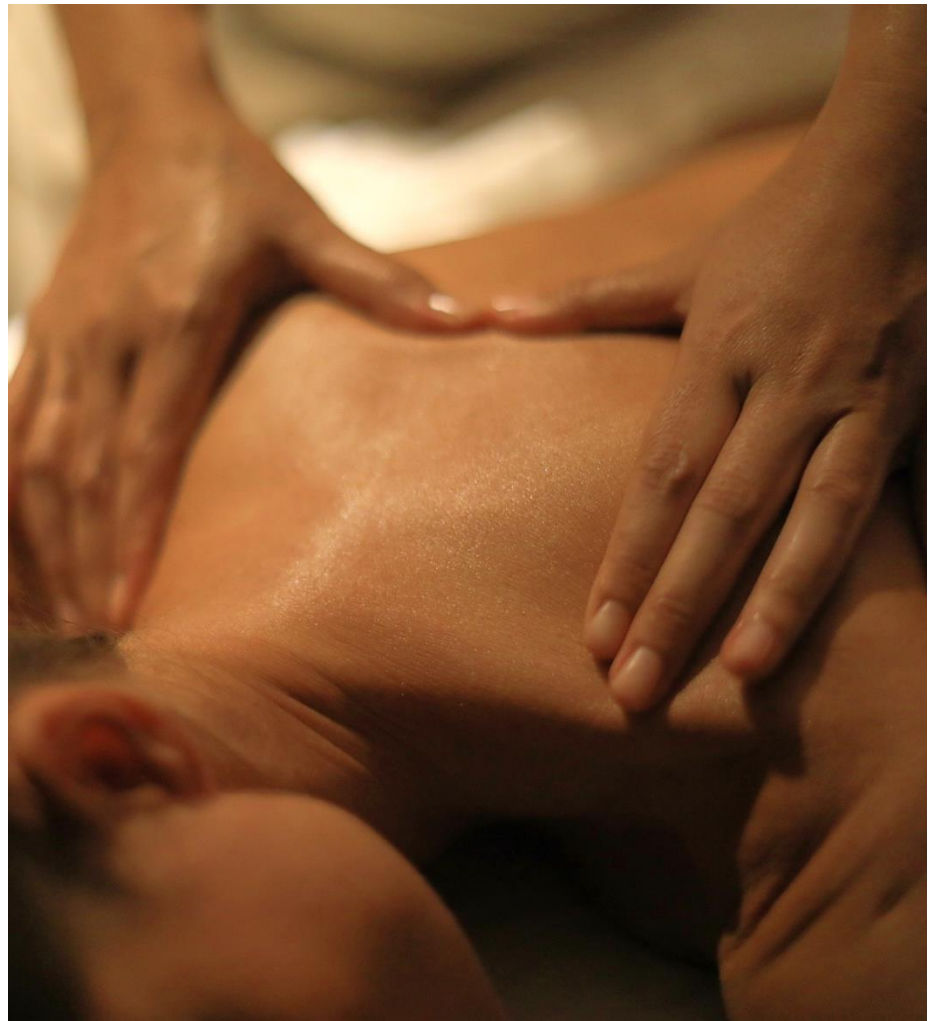
*Wellness Experiences*

## MIND AND BODY

IDR 1,900,000++ per person

Physical and emotional health are intimately intertwined in what's known as the mind and body connection. Having balanced physical and mental health will positively improve overall well-being including one's emotions, clarity of mind, stress management and fitness. Begin the day with an active 60-minute Fit Boxing or a soothing Pranayama Breathing followed by your choice of 90-minute Alila Seminyak Massage or Shirodhara and complete the rejuvenating day with 3-course nutritious coastal lunch at Seasalt.

Prices above are subject to 21% government tax and service charge.



## ACTIVE CLASSES

Group class | IDR 150,000++

Private classes | IDR 650,000++

Private classes for couples | IDR 900,000++

Group class started at minimum 6 people.

Private class is strictly started at maximum 2 people.

### HIIT and Circuit training | Group Class

**60 minutes of training**

Weekly outdoor open group exercise that focusing on high intensity Interval Training and Circuit Training. Please contact our Concierge or Spa host to further information

### Beach Core Training | Group Class

**60 minutes of training**

Monthly outdoor open group exercise that focusing on high intensity Interval Training and Circuit Training. Please contact our Concierge or Spa host to for further information.

### Personal Training | Private Class

**75 minutes of training including with consultation**

Tailored made physical fitness and body work out based on guest' need and goal. Either it will be strength core, cardio improvement or muscle weight.

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### **Fit Boxing Private Class | Private Class**

**60 minutes of class including with consultation**

An aerobic exercise that combine movement of strength, endurance, speed and accuracy to train muscles and improve cardiovascular system. It gets your heart pumping through punches and kicks to helps lower the risk of high blood pressure, heart disease, stroke, and diabetes. It can strengthen bones and muscles, burn more calories, and lift mood.

### **HIIT Private Class | Private Class**

**60 minutes of class including with consultation**

High Intensity Interval Training workouts get you there in short bursts while mixing in rest time, to strengthen your heart and oxygen consumption. HIIT workouts have been shown to reduce blood pressure, heart rate, and blood sugar levels. If you feel like your weight loss or fitness journey has plateaued, consider giving HIIT workouts a try.

### **Muang Thai | Private Class**

**60 minutes of class including with consultation**

Taking elements from Muay Boran, the traditional Thai martial arts, Muay Thai as a modern combat sport has benefits for cardiovascular system and strength muscles. Muay Thai is known as the “Art of 8 limbs” because it makes use of 8 points of contact namely, punches, elbows, knees and kicks. This differs it from other stand-up combat sports such as boxing (2 points - fists) and karate (4 points - fists and feet).

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## **GENTLE AND RECOVERY CLASS**

Private classes | IDR 650,000++

Private classes for couples | IDR 900,000++

## **Mat Pilates | Group Class and Private Class**

**60 minutes of training**

This class incorporate all key points of Pilates as postural alignment, breathing, strength, controlled movement, flexibility, increased body awareness, stress management, and injury prevention. All movement done on an exercise mat.

## **Sport and Recovery | Private Class**

**60 minutes of training including with consultation**

Sport and recovery program provides individualized exercise session to keep up your physical health well during your holiday. This exercise is targeting who suffers postpartum core injury (Diastasis Recti) or post-surgery rehabilitation or post-injury movement or simply if you suffer knee pain as former athlete.

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## PRIVATE YOGA CLASS

Yoga classes | IDR 750,000++

Yoga classes for couples | IDR 850,000++

### Sun or Moon Traditional Hatha Class | 90 minutes

A complete practice of Asana, Pranayama & Meditation

### Pranayama & Meditation | 60 minutes

Pranayama (Yogic breathing exercise) accesses deeper layers in our mind. Every system in the body relies on oxygen, from cognition to digestion, effective breathing can not only provide you with a greater sense of mental clarity, it can also help you sleep better, digest food more efficiently, improve your body's immune response, and reduce stress levels

### Yoga Nidra | 75 minutes

Yoga Nidra is a brilliant technique for providing deep nourishment, healing and restfulness, something we all need. During Yoga Nidra Sessions, people begin to access their subconscious mind and memories. Often repressed memories and experiences that create blockages in our bodies and in our lives are cleared. As people enter the state of relaxed awareness, their brain becomes more open and flexible. This practice includes a gentle Yoga.

Prices above are subject to 21% government tax and service charge.

