

# yoga

*With Sreejith Balakrishnan*

Sreejith Balakrishnan was born in Kerala, India. At the age of five he was initiated into Mantra Yoga by his grandfather Krishnan. During the past 20 years of his life, Sreejith has been practicing and studying Yoga with some of the most renowned masters in India.

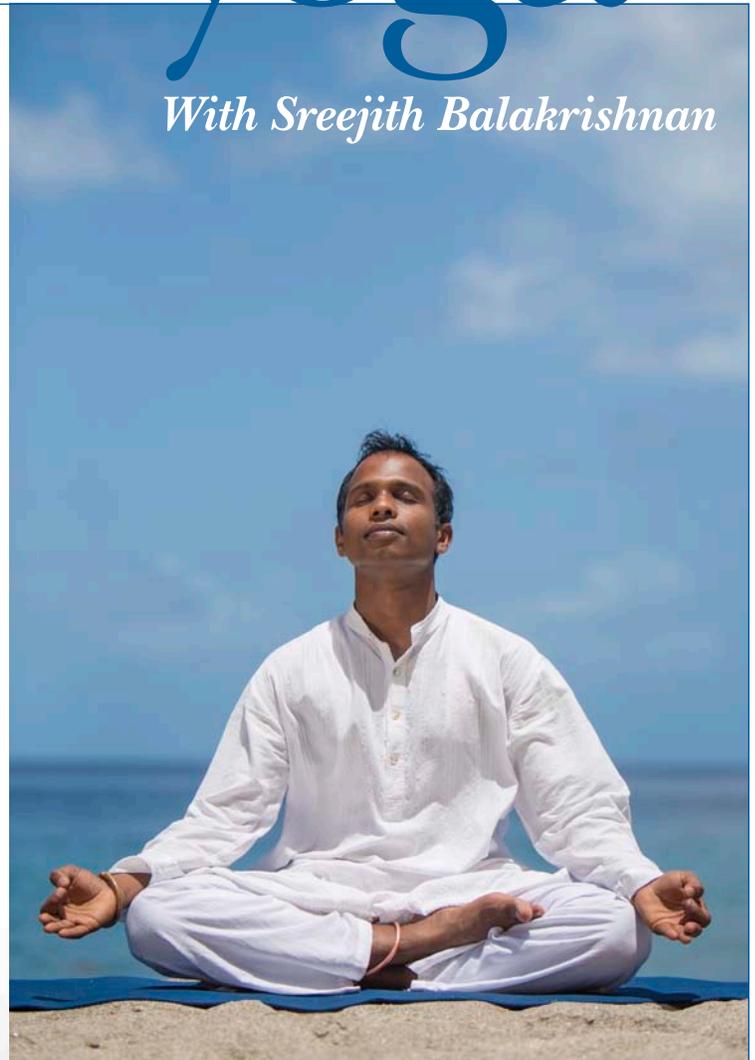
Among them were the gurus of Banaras by the shores of the river Ganges in Rishikesh. Sreejith was introduced to the Bihar School of Yoga by Guru Shirish Gupta and passed his teacher training there.

Sreejith then spent time at The International Shivananda Yoga Vedanta Ashram in Kerala where he was awarded Yoga Shiromani, for training rendered and service rendered in the field of propagation of yoga.

Later, he went to The Art of Living Ashram in Bangalore. There, he learned Yoga Vidya from the World famous Master Sri Sri Ravishankar. He went on to spend time at the Isha Yoga Foundation under the guidance of Sad Guru Jaggy Vasudev where Sreejith practiced meditation and Kriya Yoga.

Sreejith has been working with resorts in India and Maldives for the past ten years and joined Jade Mountain and Anse Chastanet in 2013.

Sreejith is available for private yoga class as well as massage therapies, ayurveda, reflexology and other alternative therapies.



The following services can be booked with Sreejith:

Foot Reflexology	US \$100 (60 min)
Hot Stone Massage	US \$165 (75 min)
Swedish Massage	US \$110/\$160 (60/90 min)
Deep Tissue	US \$125/\$185 (60/90 min)
Shirodhara	US \$120 (60min)
Dosha Balancing	US \$150 (90min)
Chakra Balancing Massage	US \$185 (60min)
Fusion	US\$150 (60min)

A 15% VAT tax is included in pricing where applicable. All treatments are subject to 10% service charge.



# YOGA SPECIALITY ACTIVITIES

*The following yoga activities are available on request.*

## Balanced Yoga (90 mins)

For a balanced state of mind and body.

A specially designed yoga session, in which equal emphasis is given to postures (Asanas), breath (Pranayamas), gestures of energy flow (Mudras) and awareness of mind (Meditation). The basic intention is to bring about harmony in the physical, mental, psychic and spiritual state of the practitioner.

Single: US\$ 100 / Couple: US\$ 140

## Yoga for Jet Lag - balance your inner rhythm (60 mins )

Transport yourself to new heights of relaxation with this ideal yoga session designed to diminish the effects of jet lag. This will harmonize your disturbed body rhythm, restore your disturbed sleep, eliminate body aches, fatigue and general disorientation.

The session starts with a nasal cleansing technique, soothing facial muscles and stimulating your mind. Special breathing practice (Pranayama) helps synchronize and re-balance the body, thereby refreshing your system. This is followed by simple postures (Asanas), which relieve muscular pain and stiffness and enhance blood circulation. The yoga session ends with meditative sleep (Yoga Nidra) that helps in restoring your sleep cycle.

Single: US\$ 80 / Couple: US\$ 120

## Detoxifying through Yoga & Shatkarma (90 mins)

These are practices of purification given in Hatha Yoga to purify and prepare the body for more advanced form of Yoga practices. Shatkarma practices are excellent in alleviating diseases and several chronic respiratory and digestive ailments. They also work on a psychological level to impart an inner feeling of lightness and well-being. The most important practises are LAGHOO SHANKHAPRAKSHALAN, the cleansing and rejuvenation of the alimentary canal (esophagus, stomach and intestines), KUNJAL KRIYA, the cleansing of the stomach and throat, decongesting the chest and lungs, JALA NETI, cleansing of the nasal passage, activating the energy centers in the facial region. Includes also an ancient yoga technique of cleansing and purifying the nasal passages with saline water.

Single: US\$ 120 / Couple: US\$ 160

## Kriya Yoga meditation (60 mins)

A powerful technique to enhance the experience of life, suitable for the modern mind which has difficulty in focusing, Kriya yoga suggests to keep awareness instead of focus, which makes it much easier for most people. This popular ancient technique enables one to experience the inner bliss and also brings ultimate clarity of perception, improved cardiac health, greater coherence within the brain, improved sleep, improved attention and focus and reduced menstrual disorders

Single: US\$ 70 / Couple: US\$ 110

A 15% VAT tax is included in pricing where applicable.

All treatments are subject to 10% service charge.

The YOGA SPECIALITY ACTIVITIES have been designed for one or two persons participating. The per person price will be US 50 if more than 2 persons sign up for the activity.

A maximum of 2 persons only is possible for the Detoxifying through Yoga & Shatkarma.

All YOGA SPECIALITY ACTIVITIES require a consultation with the Yoga Instructor at the time of booking.

