



Breathwork + Ice Bath at IDR 1,800,000/Pax

Breathwork refers to any type of breathing exercises or techniques. People often perform them to improve mental, physical, and spiritual wellbeing. During breathwork you intentionally change your breathing pattern. There are many forms of breathwork therapy that involve breathing in a conscious and systematic way and Ice Bath is a training regimen usually following a period of intense exercise in which a substantial part of a human body is immersed in a bath of ice or ice-water for a limited duration.

Restorative Yoga at IDR 400,000/PAX

Restorative yoga is a restful practice that is all about slowing down and opening your body through passive stretching. If you take a restorative class, you may hardly move at all, doing just a few postures over the course of an hour

Yin Yoga at IDR 400,000/PAX

This style of yoga is usually practiced in the late afternoon, with really gentle and slow movements. It is very good for gaining flexibility and re-energizes the body after the hustle and bustle from work. Yin yoga is the combination of Hatha Yoga, Chinese healing, and mindfulness meditation

Yoga Nidra & Sound Bath

Yoga Nidra is a meditation for better sleep. This hour-long meditation will guide you to restore the state of sleep quality with yoganidra therapy ; additional props will be needed like eye pillows, cushions, and bolsters. Essentially, a sound bath is a meditation class that aims to guide you into a deep meditative state while you're enveloped in ambient sound played by instructors, or sound therapists



Sound healing at IDR 1,350,000/PAX

Sound healing therapy uses aspects of music to improve your physical and emotional health and well-being. The person being treated partakes in the experience with a trained sound healing practitioner.

Sound healing may involve:

- Listening To Music
- Meditating
- Playing An Instrument

There are different types of sound therapy, including vibrational sound therapy, which uses special sounds that produce vibrations thought to improve brain waves. Sound healing uses different aspects of sound to improve our emotional and physical well-being. How it works depends on the method of sound healing therapy being used. Most sound healing sessions are experienced one-on-one with a specially trained practitioner. A session may involve sitting or lying down while listening to music or sounds from a speaker or instruments, or having vibrations applied using a special tool, such as a tuning fork. You may be encouraged to participate by singing, moving, even using a musical instrument, or remain still and quiet to let the sounds take effect, depending on the method

Seven Chakra Chrystal Healing Therapy at IDR 1,200,000/PAX

Since ancient times, crystals have been used for their powerful energetic healing properties. Crystals can help heal deep-seated issues, bringing forth good health and greater happiness. Each crystal has its own unique healing properties- some are best suited for abundance and prosperity, while others are better for love, relationships and harmony, or even protection and shielding. This therapy will be combining with mantra chanting and Tibetan singing bowl therapy

Meditation at IDR 450,000/PAX

The duration is for 45-60 minutes. The teacher from Shakti Wellness offers guided meditation and shares the four foundational practices of meditation; the meditation is ideal for beginners to create a new healthy state of consciousness, open to the sense of Panca Indra (five senses), improve the focus, peace of mind and healing

Vinyasa Flow Yoga at IDR 400,000/PAX

The duration is for about 60- 75 minutes. This is for the intermediate yoga student who is ready to take it to the next level. Bali Vinyasa is perfect for those who love the challenge in mind, body, and spirit, and who wish to accelerate growth in all aspects of life

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Hatha Gentle Yoga at IDR 400,000/PAX

This style of yoga is based on a combination of classical Surya Namaskara, and integrates asanas and pranayama (breathing). Hatha Yoga is open to all levels. The Shakti Wellness community teaches this style with an attention to detail, patience, and focus on proper alignment; adjustments are given to ensure proper posture and alignment of body anatomy.

Yin Yang Yoga at IDR 400,000/PAX

Yin Yang Yoga blends two styles of yoga into one practice bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. Yin and Yang are the Taoist concepts which describe the two relative qualities present in everything. Yin is more internal, passive, cooling and downward. Yang is more external, dynamic, warming and upward

REIKI at IDR 1,200,000/PAX

Energy healing targets the energy fields around the body. According to practitioners, energy can stagnate in the body where there has been physical injury or possibly emotional pain. In time, these energy blocks can cause illness. Energy medicine aims to help the flow of energy and remove blocks in a similar way to acupuncture or acupressure. Improving the flow of energy around the body, say practitioners, can enable relaxation, reduce pain, speed healing, and reduce other symptoms of illness. Reiki is alleged to aid relaxation, assist in the body 's natural healing processes, and develop emotional, mental, and spiritual well-being. It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing. People who receive Reiki describe it as "intensely relaxing".