

TULA wellness

by

the Amala

Complimentary Morning Yoga & Sunset Meditation Sessions



Meet Leona, *Resident Wellness Master* at The Amala. A well-rounded International Wellness Specialist, extensively dedicated to the field of holistic wellness, Leona combines western physiology and aromatherapy, with traditional Chinese medicine wisdom and ancient Indian Ayurveda & Yoga from the East. *Individual sessions available on request.*



MORNING PRANAM

AROMA PRANAYAMA

Thursdays & Sundays, 8:30 - 9:00

The Aroma Pranayama is a Tadasana Vinyasa Krama yoga practice. In only 30 minutes, you will start your beautiful day with the aroma of natural plant oils combined with gentle stretching techniques and Ayurvedic breathing skills to embrace deep healing. You will feel full of energy throughout the day after this session.

complimentary for in-house guests

SUNSET PRANAM

SINGING BOWL MEDITATION

Mondays & Fridays, 17:30 - 18:00

In just 30 minutes and with the calming sound of a Tibetan Singing Bowl, you will slow down the excitement gathered throughout the day. After a simple body stretch, you will easily move towards a Savasana posture while letting yourself be taken away by the enchanting and steady melody from a healing Tibetan bowl.

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Space is limited, as such, we kindly ask you to check the availability and book these complimentary session with our Front Desk Family members

