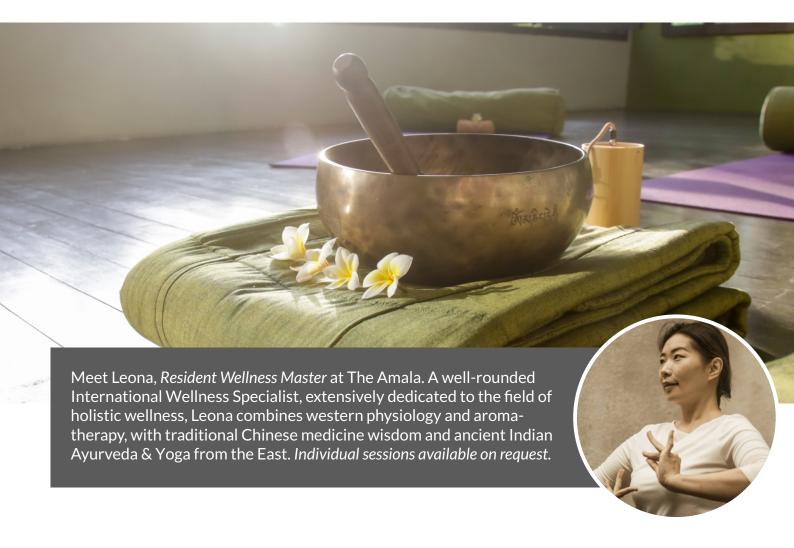
# TULA wellness the Amala

# Complimentary Morning Yoga & Sunset Meditation Sessions



## 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.



