



KAIA

ASHVEM OCEANFRONT

KAIA EXPERIENCES



## **Cycling**

Complimentary service

## **Canvas Painting**

INR 1000/- per person

## **Cocktail Making Session**

INR 1500/- per person

## **Read A Book**

Complimentary service

## **Board/Card Games**

Complimentary service



KAIA HEALING EXPERIENCES

## **Bio-Energy Meridian Massage**

This massage has a targeted effect on biologically active acupuncture points. Using low frequency pulsed electric signals it cleans body meridians, increases blood circulation, and balances the energy flow in internal organs.

Time: 60 mins & 10 min Facial  
INR 4000/- per person

## **Sound Healing Meditation**

Sound healing meditation (or NadaYoga) use sound waves to reduce stress, anxiety, and pain. Benefits include improved sleep, boosted immunity, and enhanced creativity.

Time: 30 mins (Minimum 2 people)  
INR 2500/- per person

Time: 60 mins (Minimum 2 people)  
INR 3000/- per person

## **Handpan Music Workshop**

The workshop will cover the basics of handpan playing, including how to hold the instrument, how to produce different sounds, and how to play simple melodies.

Time: 60 mins (Minimum 2 people)  
INR 3000/- per person

## **Breathwork**

It focuses on the breath as a tool for relaxation, stress relief, and healing. Participants will learn different breathing techniques and how to use them to connect with their bodies and minds.

Time: 30 mins (Minimum 3 people)

INR 1000/- per person

## **Yin Yoga**

This gentle form of yoga focuses on holding poses for longer periods of time, which allows the body to release tension and stress. Yin yoga is a great way to improve flexibility, balance, and energy levels.

Time: 60 mins (Minimum 4 people)

INR 2000/- per person

## **Power Yoga**

This vigorous form of yoga combines elements of Ashtanga, Vinyasa, and Iyengar yoga. Power yoga is a great way to get a full-body workout, improve cardiovascular health, and build strength and stamina.

Time: 60 mins

INR 3000/- per person

## **Healthy Back Class**

This class aims to increase strength, flexibility, and body awareness while preventing and alleviating back pain. It focuses on strengthening the muscles, improving flexibility, and promoting proper alignment and posture. The program includes exercises and stretches based on kinesiology movement patterns, yoga poses for flexibility and relaxation, and pilates exercises to strengthen the core muscles.

**Time: 90 mins (Minimum 2 people)**

**INR 4000/- per person**

## **Guided Meditation For Your Inner Power**

The instructor will guide you through a transformative journey, aligning your mind, body, and spirit. It will help you to release tension and activate your body's natural healing abilities. Guided meditation aims to calm the mind and relax the body, reducing stress levels and promoting a sense of peace and tranquility. It also helps process and heal emotional wounds by providing a safe space to explore and release suppressed emotions.

**Time: 60 mins (Minimum 2 people)**

**INR 2000/- per person**

## **Terms & Conditions**

All services can only be availed with a minimum 24 hours prior notice.

Complimentary services do not require a prior notice.

Availability of services is subject to the availability of the specialist.



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