

## YOGA AND MEDITATION

**One on One session**  
60 minutes - **AED 450**

### Packages

**5 sessions:** AED 2250 + one free 60 minutes session  
**10 sessions:** AED 4500 + two free 60 minutes session

**Benefits:** Spa facilities access (up to 4 hours), 25% off spa treatments, 15% off spa retail, free entrance to Full Moon and New Moon yoga session

### Hatha yoga

Classic Yoga. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

### Aqua yoga

Gentle and low impact aquatic exercise including yoga asanas being performed in water using the water's bouncy as resistance to increase balance, strength and range of movement.

### Pranayama

"Prana" is breath or vital energy in the body and "ayama" means control. So Pranayama is "Control of Breath". It includes breathing techniques leading to physical, mental and spiritual balance.

### Meditation: Yoga nidra

Consciously active sleep has been proven to reduce stress, tension and anxiety on all levels. It creates deep relaxation for health, mental peace, and higher awareness. Yoga nidra is among the deepest possible states of relaxation.

### Trataka meditation

Trataka is a meditation technique which involves focusing the eyes (and, in turn, the mind) through intent but relaxed flame gazing. By fixing the gaze, the restless mind too comes to a halt.

### Bhramari

It is one of the best breathing exercises to free the mind of agitation, frustration or anxiety through a technique of humming.

## TAILOR MADE YOGA

## SESSION FOR GROUPS

Practice with your loved ones to bring you closer and strengthen your relationship. It involves the group to really pay attention to each other in the moment and work together.

**Couple yoga - AED 650 (2 persons)**  
**Family yoga - AED 850 per family (4 persons)**  
AED 80 for each additional person  
Kids can be included from 4/5 years old

## SINGING BOWL THERAPY

Tibetan Singing Bowls have been used for centuries for healing and meditation purposes. It is a form of Sound Therapy. During the treatment, bowls are placed on and/or around the body whilst being played as the sound induces a sense of peacefulness.

Healing through sound and vibration has been known to reduce stress, improve concentration, reduce blood pressure, improve immunity, heighten intuition and perception, remove mental and emotional negativity, and enhance creativity.

### One on One session

60 minutes - **AED 400**  
90 minutes - **AED 550**

### Group session

From 3 to 6 persons - **AED 180 each**  
7 persons or more - **AED 110 each**

## YOGA THERAPY

**One on One consultation**  
(always prior to the booking)  
45 minutes - **AED 450**

An initial consultation begins the process of getting to know concerns, needs, inspirations and health goals.

**One on One Yoga Therapy session**  
60 minutes - **AED 550**

Yoga therapy uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic focus of yoga therapy encourages the integration of mind, body, and spirit.

A lifestyle balanced with yoga fights against diseases, body pain and physical ailments.

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## GROUP SESSION - YOGA

### Outdoor Area

90 minutes - **AED 90**  
Includes towels and water bottle  
(Recommending guests to bring their own mat)

### Full Moon Yoga\*

The full moon presents an opportunity to reflect on inward changes and support global healing through meditation, whilst counteracting some of the negative energy that can become heightened during the 2 days leading up to and following the full moon.

### New Moon Yoga\*

The new moon is seen as a time to plant new seeds, literally and figuratively, that will grow over the following two weeks, coming into fruition with the full moon. Since the moon is at its smallest, this is also a time for meditation and introspection.

\*Dates to be confirmed on a monthly basis

All prices are in UAE Dirhams inclusive of 10% Municipality Fee, 10% Service Charge and 5% Value Added Tax.

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Restore your inner balance with our newest Wellness Menu comprised of various yoga and meditation sessions. All sessions are led by professional instructor and yogi, Digvijay Singh, from Tattva Yoga.

With 15 years of experience around the globe, he has perfected his craft in body movement, nutrition and fitness. His knowledge, expertise, spirituality, free spirit and passion for nature have polished his therapies and work. Visit SoSPA for a one on one consultation with Digvijay today.



### Reservations

Bookings required a day in advance. Subject to availability. Bookings made by hotel guests directly are guaranteed and confirmed at the time of reservation. Bookings made by external guests may be secured by a credit card or cash payment. Guest must be at least 18 years of age for any one on one session. Anyone under the age of 18 are required to provide written consent from a parent or guardian. Registration details provided must be correct and complete.

### Arrival at SoSPA

To enhance your spa experience, we encourage you to arrive 20 minutes prior to your session. Step out of your shoes and unwind in our calming and relaxed environment. Give yourself time prior to your treatment to optimise the overall effects, and completely re-balance your mind, body and spirit.

### Cancellation Policy

Hotel guests and guests visiting from outside must give six hours' notice for any cancellations, after which the full cost of the treatment will be charged.

FOR THE COMPLETE SOSPA MENU VISIT THE SOFITEL PALM APP  
OR CONTACT SOSPA RECEPTION

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