

# AYURAH YOGA & MINDFULNESS MENU

The Yoga & Mindfulness Menu is organised into five chapters, each presenting a different quality of practice - from stillness and breath to movement and meditation. This structure offers orientation within the practices and reflects the principles guiding the AYURAH concept.



## REST

### OCEAN SOUND BATH

45 min · Beachside.

A sound meditation combining the natural rhythm of the ocean with the resonance of crystal singing bowls.

### YOGA NIDRA

30 min · Yoga Pavilion / Guest Villa.

A guided relaxation practice performed lying down, allowing the body to rest while awareness remains present.

### VIPASSANA MEDITATION

30 min · Yoga Pavilion / Guest Villa.

A silent sitting meditation observing breath, cultivating body awareness and experiencing sensoric rest.

## DETOX

### PURIFYING BREATH

30 min · Beachside / Yoga Pavilion.

A guided breathing practice focusing on conscious, rhythmic breath.

### OCEAN MEDITATION

30 min · Beachside / Guest Villa.

A seated meditation practice accompanied by the natural sound of the ocean.

### RELEASE & RESTORE

60 min · Beachside / Yoga Pavilion.

A session combining gentle movement with guided breathing to ease physical tension and support relaxation.

## GUIDANCE

### GUIDED BREATH AWARENESS

30 min · Beachside / Yoga Pavilion / Guest Villa.

A breathing practice with clear verbal instruction and structured breathing rhythms.

### THE EASE OF GUIDANCE

45 min · Yoga Pavilion.

A guided movement practice with clear instruction for posture, transitions and rest.

### MEDITATION TOWARDS REST

30 min · Beachside / Yoga Pavilion / Guest Villa.

A guided meditation combining structured relaxation and quiet sitting.

## MOVE

### SUNRISE MOVE FLOW (VINYASA FLOW)

45 min · Beachside / Yoga Pavilion.

A morning Vinyasa yoga practice linking movement and breath through flowing sequences.

### MOBILITY PRACTICE (HATHA YOGA)

45 min · Beachside / Yoga Pavilion.

A Hatha yoga session focusing on posture, joint mobility and controlled movement.

### EVENING MOVE TO RELEASE (VINYASA)

45 min · Beachside / Yoga Pavilion.

A slower Vinyasa yoga session with gentle transitions and supported postures.

## ENRICH

### AWARENESS (PRANAYAMA)

30 min · Beachside / Yoga Pavilion /

Guest Villa. A pranayama practice focusing on breath awareness and structured breathing techniques.

### INTEGRATION (MEDITATION)

30 min · Beachside / Yoga Pavilion / Guest Villa.

A guided meditation session combining quiet sitting with moments of reflection.

### INSIGHT (HATHA YOGA)

45 min · Yoga Pavilion.

A Hatha yoga session combining slow, attentive movement with periods of stillness.

### AWARENESS PRACTICES - TRATAKA (CANDLE GAZING)

20 min · Yoga Pavilion / Guest Villa (dark room) - Evening.

A traditional gazing practice using a candle flame as a fixed point of attention.