

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.

Insight (Hatha Yoga)

45 min · Yoga Pavilion

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

Integration (Meditation)

30 min · Beachside / Yoga Pavilion / Guest Villa

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

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.