



DEVARANA



Focus @ Devarana

"Keep your vitality. A life without health is like a river without water."

Refocus, Recentre and Relax, these are the moments where we retreat, kick back, take a deep breath and decelerate from our daily lives to allow for purposeful restoration. Rediscover your senses and revitalise the mind and soul with exclusive rejuvenating packages at Devarana Wellness.

Devarana Signature Massage (90mins)

Exclusive to Devarana Spa, this unique massage combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate soothing and pampering experience.



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Discover the mindfulness aspect of yoga and explore the inner methods including various breath patterns and retentions, visualisations for the health of the organs, contemplations, as well as the foundation methods of Buddhist mindfulness.



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Yoga

Core Yoga Flow (60mins)

This yoga workout is a class with a strong focus on the core muscles – And not just the abdominals. Training these muscles will improve posture, and provide support for your spine. Core Flow is a wonderful way to strengthen the core, while incorporating the meditative aspect of yoga mind at the same time. Your stronger core will give you better support for your spine and help improve your posture. You' ll also gain better awareness of your body, so that you' ll be able to move more efficiently in your everyday activities.

Stretch Band Yoga (60mins)

This yoga workout adds on a new dimension to the yoga practice with the help of a resistance band. Resistance band adds extra tension and resistance to any movement in this yoga practice. This requires our muscles to work a little harder and getting the result on muscles strengthening through yoga sequence with resistance. The practice will consist of various alterations & modifications on the yoga poses using the resistance band, providing a new experience to the workout.