



DEVARANA



# Pause @ Devarana Wellness

*"Pause, slow down, and take a moment just for you"*

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.

## **Therapeutic Massage (60mins)**

Therapeutic and energising, this strong-pressure massage enhances muscle recovery by targeting the areas that are sore from exercise or just tension of daily life. Deep muscle work is combined with stretching, rocking and circulation-enhancing strokes to move lactic acid out of the system.

## **Body Balancing Massage (60mins)**

This ultimate relaxing massage uses long, soothing strokes to induce relief from stress and tension while stimulating blood circulation. Pressure can vary from soft to medium, in accordance to your personal preference.



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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

## **Yang Yoga Flow (60mins)**

Yang Yoga focuses on active practice, working on the (Yang) muscles and blood flow, building strength, stamina and flexibility. This practice strengthens and tones the body and calms the mind through synchronising movement with breath. It also removes tension and obstacles in the body.

## **Osteo Yoga (60mins)**

Osteo Yoga is a practice which combines the long holds of Yin yoga, while applying Osteopathic adjustments on restorative poses through the practice. This practice focuses on improving areas of tightness and weakness in the body, stimulating meridians (energy channels), bringing balance to the body. Osteo Yoga reduces stress and anxiety and prepares the practitioner for meditation practice.