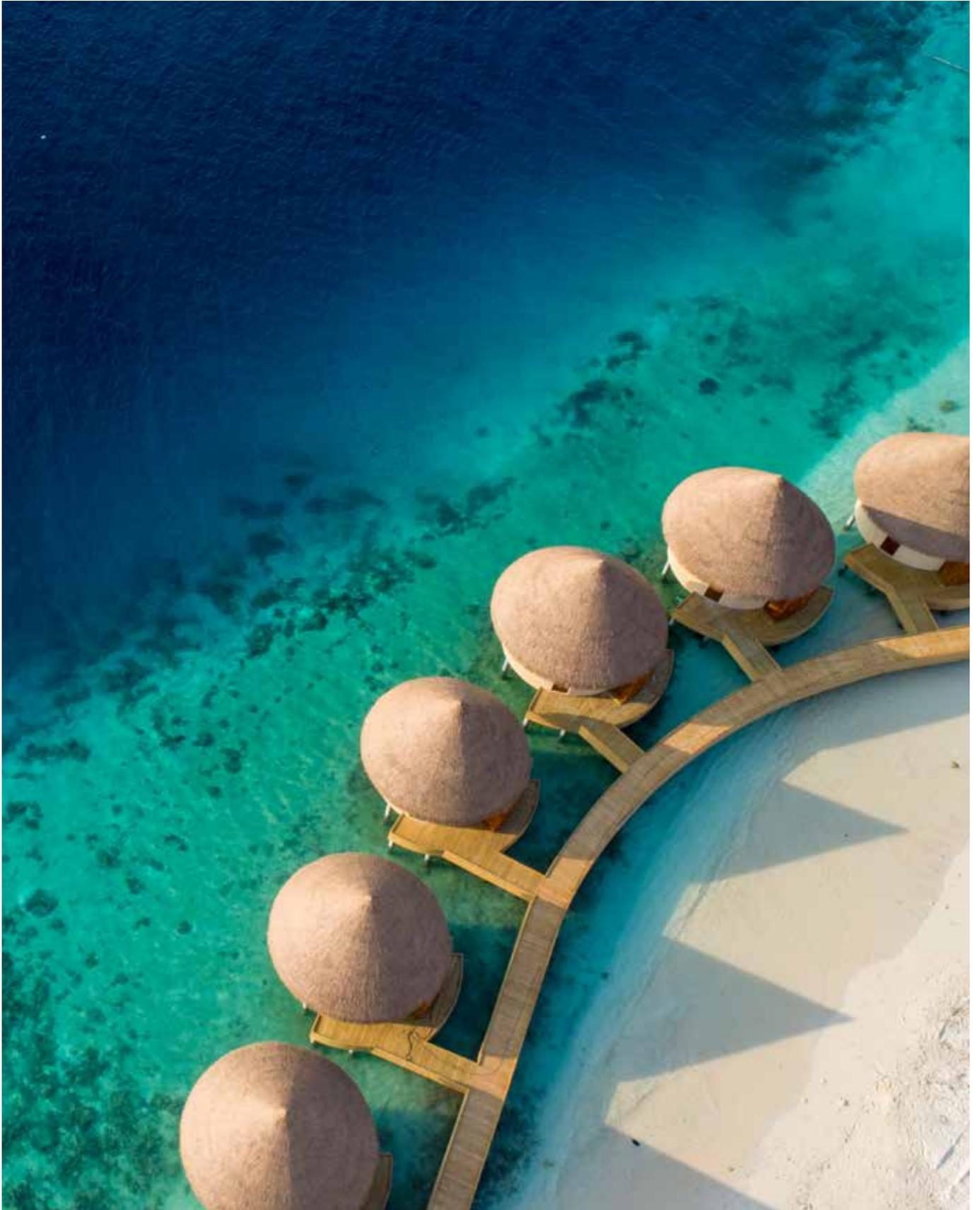




INTERCONTINENTAL.  
MALDIVES MAAMUNAGAU RESORT



WELLNESS MENU



## Ways to wellness

Escape the everyday at InterContinental Maldives and discover the ways of wellness. Reconnect and uncover new passions. From Ancient Yoga to Modern Aerial Yoga – incorporating silk hammocks, From Yoga on a Stand-Up Paddle Board (SUP Yoga) to state-of-the-art fitness. Discover a world of wellness at Intercontinental.

An ancient art encompassing physical, mental and spiritual practices, Yoga is the perfect way to unwind and recharge. With a dedicated Yoga Pavilion and several tranquil outdoor spaces, all designed to allow you to stretch, tone, strengthen or meditate to unify the mind, body and spirit, allow our Resident Yogi to introduce you to this gentle yet effective wellness practice at any one of our scheduled sessions or continue your yoga journey through tailored private sessions.



AVISPA



## WELLNESS MENU

### **Hatha Yoga** 60 minutes

Hatha is a Sanskrit word that can be broken down into two smaller words: ha, meaning “sun,” and tha, meaning “moon.” The word may also mean “willful” or “forceful.” Begin your Hatha Yoga with focused breathing exercises followed by a warm up with the Surya Namaskara (sunrise or sunset salutation). Continue with yoga positions that support the body’s core strength and end with relaxation poses.

### **Vinyasa Yoga** 60 minutes

Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion injuries caused by repetitive everyday movement. It synchronises movement with breath and is a vigorous form of rapid flow sun salutations.

### **Ashtanga Yoga** 60minutes

Ashtanga Yoga, also called Ashtanga Vinyasa Yoga, is a vigorous and flowing style of yoga developed in the 20th century. It involves synchronising breath with progressive and continuous postures, which produces internal heat while detoxifying the body. It builds strength, flexibility, and stamina, while calming the mind and improving overall health.

### **Prenatal Yoga** 60 minutes

Prenatal Yoga helps improve your mood and sleep, increase your strength and flexibility, and decrease lower back pain and other common symptoms of pregnancy. Stay safely supple and active during pregnancy.

### **Aerial Yoga** 45/60 minutes

Aerial Yoga incorporates silk hammocks and is a fun, challenging workout routine combining aspects of Yoga, Pilates, aerial arts and strength training designed to increase strength, mobility, balance and flexibility. These hammocks are suspended 80cm off the ground

### **SUP Yoga** 60 minutes

A combination of yoga and the crystal-clear waters of the Maldives. By challenging your balance on the paddle board, you will establish better awareness to your body and mind.

*\*Subject to weather conditions*

## WELLNESS MENU

### **Aqua Yoga** 60 minutes

Aqua Asana encourages better balance and standing posture when practicing yoga. Aqua yoga also helps with pain relief, cultivates greater connection with the physical body and helps the practitioner learn to “go with the flow.” Practicing aqua yoga is also considered beneficial on a mental, emotional and spiritual level.

*\*Subject to weather conditions*

### **Full Moon Yoga** 60 minutes

Bathe in moonlight and harness the uplifting force of the universe. Balance the masculine energy of the sun with lunar vibe under the starry skies.

*\*Subject to weather conditions*

### **Mindfulness Meditation** 60 minutes

The practice of mindfulness is defined as a mental state that involves being fully focused on “the here and the now; so you can acknowledge and accept your thoughts, feelings, and sensations without judgment.

### **Yoga Nidra Meditation** 60 minutes

Yoga Nidra is the ultimate relaxation technique for releasing stress and tension held in your body. Experience a deep level of relaxation and allow your body to restore and balance itself. An ancient form of guided meditation, it has been proven effective to reduce stress, tension, anxiety and sleeplessness.

## WELLNESS MENU

### **PERSONAL TRAINER**

Share your fitness goals with our Personal Trainer for a tailored vacation plan or select from any of our workout sessions including TRX exercises, boot camp trainings, aerobic workouts or weight training.

#### **TRX Suspension Training** *60 minutes*

Developed to strengthen and increase balance, flexibility and core stability simultaneously, TRX Suspension Trainers are a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

#### **Cardio with Core Abdominal** *60 minutes*

A great combination for a stronger heart that delivers oxygen to your muscles whilst strengthening the core to help correct posture and reduce stress on the back.

#### **Agility Training** *60 minutes*

Agility training is a type of exercise training that incorporates short bursts of movement that involves changes in direction. Agility refers to the ability to start, stop, and change direction quickly while maintaining proper posture.

#### **Flexibility Exercise** *60 minutes*

Flexibility is achieved by stretching the muscles over the joints. This is enabling the joint to increase its range of motion or the ability of your joints to move freely. Flexibility training includes stretching exercises to lengthen the muscles that will help prevent injury from day-to-day motion.

#### **Weight (Strength) Training** *60 minutes*

Weight training uses the force of gravity to build muscle strength often through the use of fitness equipment such as dumbbells, barbell bars or gym equipment.

#### **Functional CrossFit** *60 minutes*

CrossFit is a combination of varied, high-intensity functional movements. With a training philosophy that coaches people of all shapes and sizes to improve their physical well-being and cardiovascular fitness, it is a hard-core yet accepting and encouraging environment without using weights.

#### **Boot Camp** *60 minutes*

This session focuses on military-style exercises and functional movements like push-ups, squats, sprints, and sit-ups that provide a killer workout and a chance to sweat outside the gym.

## WELLNESS MENU

### WELLNESS EXPERIENCE

#### **Yoga For Better Sleep** *4/6 hours*

Yoga is a gentle and restorative way to wind down your day. Practicing yoga regularly can help you to manage symptoms of insomnia. You may be able to fall asleep quicker, sleep for longer, and go right back to sleep even after waking up at night. Incorporate yoga into your daily routine to bring you back to your true self.

#### **Sore Today Strong Tomorrow** *4/6 hours*

Collaborate with Fitness Trainer and list out a workout log designed for your Fitness Goal. From a variation of exercises such as Cardio with Core Abdominal, Agility, Weight (Strength) Functional CrossFit and Nutritional advice, we are here to kickstart your journey to a better health.

#### **Children & Wellness** *4/6 hours*

Teaching children the importance of self-care and the inner recognition of oneself can improve their overall mental health and wellbeing. We have created a Kids Wellness Series (Yoga and Fitness classes) to ensure their holiday is also their first step to wellness.



## WELNESS MENU

### PRICELIST

#### YOGA

Private Yoga Individual/Couple	60 mins	\$75/125
Private SUP Yoga Individual/Couple	60 mins	\$90/150
Private Group Yoga (up to 4 people)	60 mins	\$250
Group Full Moon Yoga (up to 6 people)	60 mins	\$65

#### AERIAL YOGA

Private Individual/Couple	60 mins	\$125/175
Private Group Class (up to 4 people)	45 mins	\$300
Schedule Group Class (up to 4 people)	45 mins	\$85

#### MEDITATION

Private Individual/Couple	60 mins	\$75/125
Private Group Class (up to 4 people)	60 mins	\$250

#### PERSONAL TRAINER

TRX Suspension Training Individual/Couple	60 mins	\$65/120
Cardio with Core Abdominal Individual/Couple	60 mins	\$65/120
Agility Training Individual/Couple	60 mins	\$85/150
Flexibility Exercise Individual/Couple	60 mins	\$65/120
Weight (Strength) Training Individual/Couple	60 mins	\$75/135
Functional CrossFit Individual/Couple	60 mins	\$85/150
Boot Camp Individual/Couple	60 mins	\$75/135

#### WELLNESS EXPERIENCE

Yoga For Better Sleep	4hr/6hr	\$270/380
Sore Today Strong Tomorrow	4hr/6hr	\$270/380
Children & Wellness	4hr/6hr	\$180/250

ALL THE ABOVE PRICES ARE IN USD DOLLARS  
AND SUBJECT TO 10% SERVICE CHARGE AND 12% GST.  
COMPLIMENTARY SCHEDULED SESSION IS AVAILABLE, PLEASE REFER TO OUR RESORT ACTIVITY.





AVISPA

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